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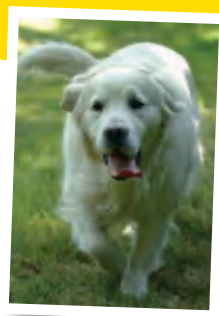
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DOG GEAR**

UK only

**12  
PAGES**

**OF YOUR QUESTIONS  
ANSWERED BY OUR  
EXPERTS**



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DOG MAGAZINE**

February 2016 £3.70

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**BUILDING  
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**How training  
can help**

**HOW TO**

**bake a  
doggy  
cake**

**10**

**ways to make  
your dog  
feel special**

**IT TAKES  
TWO!**

**Lead  
handling**

**NEW  
SERIES**

**The  
great indoors**  
Exercise your dog in your home

**DOG AND OWNER  
REUNITED**

**"I sobbed  
with joy, pain,  
and relief..."**

R5



**BASIC INSTINCTS**

**● KEEP AN EYE ON YOUR OLDIE!**



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\*Your Dog Magazine Product Awards 2013/2014, 2014/2015 and 2015/2016

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## WHO'S WHO AT YOUR DOG

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# Editor's letter

Yes, there is an alternative to slogging round the block every morning and evening in the February wind and sleet. Thanks to trainer Carolyn Menteith we've got a host of ideas on how you can exercise your dog in mind and body inside your home, on those occasions when you can't make it outside.

Who can forget that Crufts is just around the corner, and this year we celebrate 125 years of the world's greatest dog show? This month we present a host of fascinating facts comparing the very first show in 1891 with this year's event, plus there's the chance to win a fantastic VIP trip, including tickets to Best in Show.

Your Dog readers are guaranteed to have a good bond with their dogs, aren't they? Well, our 'Building a bond' feature on page 46 this issue illustrates how training can bring you even closer together and enhance your relationship. Prepare to be inspired to search out some new classes to attend this year!

If you've got a gundog — and lots of dog owners have — then you'll be fascinated to find out how feature writer Kelly Felstead got on with her Cocker Spaniel, Henry, at a training session aimed specifically at pet gundog owners, designed to fulfil their basic instincts.

*Sarah Wright*  
Editor



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## QUOTE OF THE MONTH...

"Ever consider what our dogs must think of us? I mean, here we come back from a grocery store with the most amazing haul, chicken, pork, half a cow. They must think we're the greatest hunters on earth!"

American author Anne Tyler.

## COVER STAR

This issue it's Yorkiepoo Oscar, who was six months old when these pics were taken. "Although he's a Yorkiepoo we've been told he's three-quarters Yorkie and only a quarter Poo," explained owner Patricia Trenier, from Surrey. "Oscar is quite a character who adores being cuddled. On a recent holiday to the Lake District, he managed quite a few six-mile hikes. Everyone admires him when we're out on our walks, which of course encourages him to be even more adorable!"

Pic: Mark Taylor, Warren Photographic Ltd.





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COVER PIC: Yorkiepoo by Mark Taylor, Warren Photographic Ltd.

Email us at [editorial@yourdog.co.uk](mailto:editorial@yourdog.co.uk)  
Call us on **01476 859830**  
Visit [www.yourdog.co.uk](http://www.yourdog.co.uk)



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## JACKS HAVE THE Z FACTOR

**T**wo talented Jack Russell Terriers have been crowned the winners of a competition after performing an incredible canine trick.

Jessica, seven, and Jacob, five, beat hundreds of entries in Zoflora's Z factor competition with their ability to walk together on top of a moving barrel in complete synchronisation.

The victorious duo will be the face of Zoflora's Pet Hub section on its website.

Mother and daughter Patsy and Rachael Grylls put their special dogs forward for the contest.

"Jacob and Jessica are wonderful and they deserve to be recognised for their special talent, which they work so hard at," said Patsy, from Lewdown, Devon.



Jessica and Jacob are great tricksters.

## Did you know?

Half of European residents find people more attractive if they own a dog.

However, 42 per cent of those surveyed admitted the breed of dog affects their opinion of a potential partner.

Updating online dating profiles and apps with a picture of you with your dog could help you meet your perfect partner, as it shows a softer side.

More than 80 per cent of people in the UK (84 per cent) find it easier to talk to potential partners when out and about if they have a dog with them.



People with dogs make the ideal partners.

## New products



### HANDMADE DOG COLLAR

**Price:** £26 for a small collar.

Beaded leather dog collars handmade in workshops on the coast of Kenya. They are available in various designs, and in standard or Whippet sizes.

**Where to buy:** [www.simbajones.com](http://www.simbajones.com)

### M'HEARTIES

**Price:** £5.95.

Heart-shaped premium dog treats from Lily's Kitchen, which come in a keepsake tin. The treats are made from 100 per cent Icelandic pressed cod fillets.

**Where to buy:** [www.lilyskitchen.com](http://www.lilyskitchen.com); Ocado, Amazon, and independent pet shops.

**GREAT GIFT FOR VALENTINE'S DAY**



### DOG DOMINO

**Price:** £9.95.

An illustrated domino game for children aged three years and upwards. Contains 28 dog dominos and seven different breeds.

**Where to buy:** [www.laurenceking.com](http://www.laurenceking.com)



### DELUXE EMERGENCY CANINE KIT

**Price:** £24.95.

Basic first aid kit in case your dog suffers an injury or accident. Contains items including a foil blanket, tick twister, sterile saline solution, and bandages. Ideal for the car, caravan, or holiday home, or to put in your rucksack.

**Where to buy:** [www.margotandmands.co.uk](http://www.margotandmands.co.uk)





## NEWS IN BRIEF

### BARBARIC 'SPORT' CONTINUES IN UK

At least one dog fight is likely to take place every day of the year in the UK, a new report has revealed.

Despite the barbaric 'sport' of dog fighting being outlawed almost 200 years ago, a report has found that it continues to go on in this country.

Criminologists Dr Simon Harding and Dr Angus Nurse, authors of 'Betrayal of Trust: The Tragedy of Dog Fighting' spoke to a range of people involved. Traditionally, dog fighting was hidden away in rural areas and managed almost to a professional level.

However, now there's a move to urban areas, where dog fighting is becoming a way of establishing dominance, and it is often related to gang activity.

The report was commissioned by the League Against Cruel Sports and is the first comprehensive look at dog fighting in the UK.

# WIN!

## BAKED DOG FOOD GOODY BAGS

**W**e have teamed up with Laughing Dog to give you the chance to win a bag of Laughing Dog baked adult complete food, a bag of treats, and a cotton canvas jute bag. The winners can choose from either a wheat free or grain free bag of food and treats. We have 20 goody bags to give away.

Laughing Dog slowly bakes its range of hypo-allergenic dog food on its family farm in Lincolnshire. It believes baking is the best way to protect the natural goodness and taste of the ingredients, is gentler on dogs' tummies, and creates a crisp, crunchy kibble which can help keep teeth clean and breath fresh. Each bag can be traced back to the baker who carefully made it and the oven in which it was baked.

For more information about Laughing Dog visit [www.laughingdogfood.com](http://www.laughingdogfood.com) or call 0800 098 8057.

### HOW TO ENTER

For your chance to win, answer the question right and send your answer, along with your

name, address, and daytime telephone number, on the back of a sealed envelope or postcard, to:

**Your Dog Magazine (Laughing Dog competition), 1-6 Buckminster Yard, Main Street, Buckminster, Grantham, Lincolnshire NG33 5SB, or enter online by visiting [www.yourdog.co.uk/competitions](http://www.yourdog.co.uk/competitions)**

The closing date for entries is February 15, 2016.



**Q Why does Laughing Dog bake its dog food?**

**A Because baking is faster.**

**B It's regarded as being gentler on dogs' tummies.**

**C It's traceable.**

Terms and conditions: The winners will be the first 20 entries drawn after the closing date. Open to residents of the UK only. The judge's decision is final and no correspondence will be entered into. Full competition details available on request. BPG Media and Laughing Dog may use your details to let you know about other products or services you might be interested in. If you don't wish to receive this information, please write 'no' in the top left-hand corner of your entry, or tick the appropriate box on your online entry.



Delicious goody bags to give away.

**20 GREAT PRIZES**

## HAVING A LAUGH! SEND US YOUR FUNNY DOG PHOTOS

Does your dog make you laugh with his funny antics?

We are inviting owners to send in funny photos of their canine friends, along with witty captions that sum up the image, for our photo caption competition.

Each month we will select one entrant whose photo and caption will appear in the magazine. The lucky winner will receive a prize courtesy of our sponsor, Webbox. This month's winner receives Webbox Natural Trays.

To enter, send your photo and caption, along with your and your dog's name, your address, and dog's breed, to: **Your Dog Magazine (Having a laugh!), 1-6 Buckminster Yard, Main Street, Buckminster, Grantham, Lincolnshire NG33 5SB.**

Alternatively, email your entries to [k.felstead@bpgmedia.co.uk](mailto:k.felstead@bpgmedia.co.uk)

Please ensure the photos you submit are clear, in focus, and high resolution, otherwise they won't be accepted.

### SPONSORED BY WEBBOX

Webbox is a leading UK pet food brand, offering delicious dog food that is low in fat and high in nutrients. Boasting added vitamins and minerals, including calcium and omega oils, Webbox promotes a complete diet to ensure your pet remains healthy and active.

Natural Trays by Webbox are wheat gluten free, containing over 60 per cent fresh meat alongside natural antioxidants and prebiotics. Served in a disposable 400g container, Natural Trays can be heated to create a warming meal, and are available in chicken, lamb, and beef flavours. Dog owners can rest assured that their pet is being offered the best ingredients with Webbox's selection of dry and moist meals.

For more information visit [www.webbox.co.uk](http://www.webbox.co.uk),



Reader Kathryn Herold, from Sheffield, South Yorkshire, wins this month's Having a laugh! caption competition with this photo of Manchester Terrier Strummer and Miniature Pinscher Dexter. She says: "Have you got a signal yet, Dex?"







How far  
would you go  
for your pet?

## FOR THE LOVE OF PETS

**N**inety per cent of pet owners would save their beloved animal from a burning house first, according to a survey.

Research from Petplan has discovered some of the extremes animal owners have gone to in the name of pet care — from remortgaging homes to taking out loans.

Almost half of those surveyed said they could not put a financial value on the life of their pet. More than 50 per cent of owners stated they treasured their pets more than their partners, and

28 per cent more than their friends.

People's devotion to their pets is also echoed in other areas of their lives, with owners making various financial sacrifices. A fifth of owners admitted to having parted with a full month's earnings, and 15 per cent sacrificed an annual holiday in order to cover costs for their pets. One in four people would even be willing to take out a loan to cover treatment for their pets if they were ill, while a further one in 20 would be prepared to remortgage their home if needed.

The research was carried out among 1,000 pet owners in the UK.

## The GOSS!

What everyone's talking  
about in the office and online.



You've been loving a video we posted on our Facebook page of a Chihuahua dancing to some salsa music. Can your dog dance?

News that dog walkers in Northamptonshire could face a £100 fine if they leave the house without a poo bag caused great debate on social media.

Here are some of your comments on Facebook:

**Joan Bing said:** "How will the council check every dog walker and search them for a poo bag?"

**Amii Mitchell said:** "I don't think fining is the best solution. Having a poo bag dispenser and poo bins around parks would be a better incentive for people to clean up after their dogs."

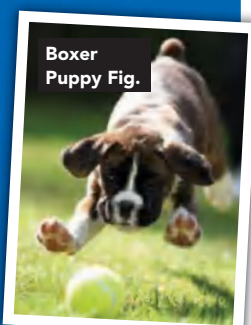
**Andy Parkes said:** "Personally, I think it's a good idea. I always have bags in numerous pockets, even if I'm not with my dogs."

Does your dog develop any strange habits this time of year? A couple of the YD office dogs are displaying odd seasonal behaviours — roll on spring!

You've been sharing your puppy pictures on Facebook — there's nothing better than a cute puppy photo to brighten up our day. Boxer pup Fig was the lucky winner of our online photo competition. Well done Fig.

Does your dog jump up at visitors or strangers to say hello? The question sparked a discussion at YD HQ — not everyone is a dog lover so some people may not be happy to be welcomed by a bouncy pet — however cute we think they are!

To take part in discussions visit us on [facebook.com/yourdogmagazine](https://facebook.com/yourdogmagazine) or follow us on Twitter @yourdog



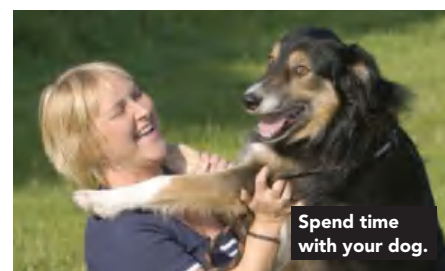
Boxer  
Puppy Fig.

Dog owners could  
be fined if they don't  
have a poo bag.



## WHAT'S ON IN FEBRUARY?

**February 5:** Dog law seminar 'What every responsible dog owner needs to know', Dogs Trust Merseyside; solicitor and Your Dog expert Trevor Cooper will present this interesting talk, giving examples from his 25-year career. To book tickets and for further information visit [www.dogstrust.org.uk](http://www.dogstrust.org.uk) and click on what's happening for event listings.



Spend time  
with your dog.

**February 14:** It's Valentine's Day today, so make a fuss of your dog and show him you love him.



Get your dog  
microchipped.

**Throughout February:** Still need to get your dog microchipped ready for the change in the law in April? Wood Green is holding free microchipping workshops at venues across the UK. Booking is essential. For further information visit [www.woodgreen.org.uk/events](http://www.woodgreen.org.uk/events)





Wax cotton dog bed.

# WIN!

## A HAMPER OF DOG GEAR FROM BARBOUR

**Y**our Dog Magazine has teamed up with British lifestyle brand Barbour to celebrate the launch of its biggest dog accessory range to date. We are offering you the chance to win an array of prizes from the range.

One winner will receive a star prize hamper containing a quilted dog coat, a fleecy dog blanket, a wax cotton dog bed, a tartan webbing dog lead, and a matching tartan dog collar.

Three runners-up will each win one of Barbour's stylish and practical quilted dog coats.

The new range is inspired by Barbour's association with all things country, and ensures your dog is protected and stylish outdoors, and cosy and comfortable at home.

The tartan collar and matching lead are the perfect accessories for your dog, matching with Barbour's popular range of quilted and waxed dog coats.

Your dog will enjoy a long nap in Barbour's wax cotton dog bed, which has thick cushioning with a robust, waxed cotton outer and a 100 per cent

cotton tartan lining, for optimum canine comfort. The waxed cotton outer can be wiped clean with a sponge and warm water after a muddy walk.

For further information on Barbour's range of dog accessories visit [www.barbour.com](http://www.barbour.com)

### HOW TO ENTER

For your chance to win, answer the question below and send your answer, along with your name, address, and daytime telephone number, on the back of a sealed envelope or postcard, to: **Your Dog Magazine (Barbour competition), 1-6 Buckminster Yard, Main Street, Buckminster, Grantham, Lincolnshire NG33 5SB**, or enter online by visiting [www.yourdog.co.uk/competitions](http://www.yourdog.co.uk/competitions) The closing date for entries is February 15, 2016.



**Is the Barbour brand?**

**A British.**

**B German.**

**C American.**

**RUNNERS UP**  
• 3 X QUILTED DOG COATS



Tartan dog collar.

Tartan webbing dog lead.

Quilted dog coat.

Dog blanket.

### NEWS IN BRIEF

#### CAVALIER OWNERS NEEDED FOR STUDY

Owners of Cavalier King Charles Spaniels are being asked to take part in a study to investigate a novel way of assessing neck pain in dogs.

Researchers at Bristol's School of Veterinary Sciences and the Royal Veterinary College are aiming to find a pain-free method of detecting neck pain of neurological origin in dogs. It is hoped the study will enable vets to recognise more easily when dogs are suffering from chronic pain related to syringomyelia, a progressive inherited disease of the neck spinal cord in Cavaliers.

To take part in the study email [vet-neuroresearch@bristol.ac.uk](mailto:vet-neuroresearch@bristol.ac.uk)



Lily was rescued from a well.

#### ALL'S WELL FOR LILY

An overnight dog hunt had a happy ending when a Labradoodle was rescued from a well by firemen.

Four-year-old Lily went missing while being walked in woods in Eastleigh, Hampshire, sparking a hunt that carried on into the early hours and a social media appeal on Facebook.

The following morning, a whimpering was heard coming from a brick-lined well, and Lily was spotted two metres down. An extendable pole was lowered down to Lily and a noose looped around her shoulders so she could be hoisted to the surface.

#### FIFTY YEARS ON AND STILL GOING STRONG

The British Veterinary Association and the Kennel Club are celebrating 50 years since the launch of a scheme to screen for hip dysplasia in dogs.

The hip dysplasia scheme was the first of four canine health schemes to help responsible breeders identify those dogs that have few or no signs of the disease.

This year marks another step forward for the scheme, with the introduction of digital applications to make it easier for vets to submit X-rays and to ensure only healthy dogs are used for mating.

Terms and conditions: The winners will be the first four entries drawn after the closing date. Open to residents of the UK only. The judge's decision is final and no correspondence will be entered into. Full competition details available on request. BPG Media and Barbour may use your details to let you know about other products or services you might be interested in. If you don't wish to receive this information, please write 'no' in the top left-hand corner of your entry, or tick the appropriate box on your online entry.

# Three ways to show your dog you care on Valentine's Day...

**1** Get baking and make your dog a home-made treat. Turn to page 98 for our recipe for a doggy cake.

**2** Cancel all non-urgent commitments for a few hours and spend time bonding with your pet: enjoy playing some games or go for a nice long walk together.

**3** Why not pamper your canine friend by giving him a relaxing massage? We featured some canine massage techniques in our January issue to help get you started.

● Check out page 34 for some more ideas.



Treat your dog to a massage.

## NEWS IN BRIEF



How lazy is your pet?

### BIRMINGHAM'S PETS ARE THE LAZIEST

Pets in Birmingham are officially the laziest in the UK.

More than two thirds (72 per cent) of owners in Birmingham claim their dog or cat is lazy, while 62 per cent complained that their pet had put on weight due to lack of exercise. A worrying 59 per cent of people surveyed had been reduced to offering treats and other bribes to curb the sluggishness problem.

The survey was carried out by bed and mattress retailer Mattress Online.

### PET PHARMACY LAUNCHES AT ASDA

Asda Pharmacy is offering a pet prescription service across more than 200 stores in the UK.

The initiative will provide more than 1,000 varieties of medication at 30 per cent cheaper than standard veterinary practice prices, including flea treatments, heart disease, and arthritis medication.

### HAVE A HAPPY HOME

Ceva Animal Health has joined forces with an inspirational dog rescue charity to launch a new initiative.

The Happy Homes campaign will see Ceva donate dog beds, Adaptil collars, toys, blankets, oral hygiene products, and flea and worming treatments to help dogs in the care of Hope Rescue, before they go to their new homes.

It is hoped the donated items will also enable the dogs to easily adapt and settle into their new environments.

The initiative follows Hope Rescue winning the Charity Team of the Year Award, sponsored by Your Dog Magazine, at the Ceva Animal Welfare Awards in 2014. The South Wales-based charity was subsequently nominated as Ceva's charity of the year for 2015, which has seen the company raise £2,000 for Hope Rescue.

## A GOOD READ

**'Primal Plus' by Patricia Neal (£8.99, Austin Macauley Publishers Ltd).**

British dog owner Patricia Neal draws upon her decades of studying wolf behaviour to introduce people to her re-direct technique, where owners can change their dogs' inappropriate behaviour by using primal behaviour, sounds, body language, and movement.



**'The Dog, Ray' by Linda Coggin (£10.99, Hot Key Books).**

A children's tale of dogs, friendship, and family. Twelve-year-old Daisy dies in a car crash and in a twist of fate comes back in the body of a dog. A haunting and hopeful story.



● These books are available to buy from the Your Dog Bookshop; visit [www.yourdog.co.uk/bookshop](http://www.yourdog.co.uk/bookshop)

FOR CHILDREN





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Extra  
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## NEWS IN BRIEF

### A GOOD CHINWAG

Chatting to your dog is a good way to cement the human/dog bond, says a charity.

A new survey by Dogs Trust has revealed that women are more likely to chat with their dogs than men. The charity's senior behaviour and training adviser, Alasdair Bunyan, said: "Intermittently talking with your dog is an important and easy way to strengthen your bond of trust and friendship.

"It can be done any time, anywhere, and it's free. Over half of dog owners we asked claimed lack of time prevented them from playing with their dog, yet I'd say talking to your dog is something you can easily do while you're doing other things, like cooking or watching TV."

### TOUGHER SENTENCES FOR PET THEFT

Blue Cross is calling for tougher sentences for those who commit pet theft.

According to figures recently released by the charity, cases of stolen pets have increased almost 40 per cent compared to 2012.

Becky Thwaites, Blue Cross public affairs officer, said:

"The effect of having your pet stolen can be absolutely devastating for owners. This is why we want the government to do more to deal with this increasing problem."

### PUPPY FARM CALLS ON THE RISE

The number of calls about puppy farms received by the RSPCA has more than doubled over the last five years.

Last year, the charity received 3,232 calls — a 122 per cent increase compared to five years ago. That amounts to more than one call about puppy farms and dealers every three hours. Greater London tops the locations for the most calls.

## Looking for a home

Thinking about getting a rescue dog? Could you rehome a Battersea dog? Each issue we'll introduce you to a dog from Battersea. This month, meet Theo.



**Name:** Theo.

**Age:** Three years 10 months.

**Breed:** Alaskan Malamute.

**Sex:** Male.

**Centre:** Battersea Brands Hatch.

**Personality:** Energetic, strong-minded, mischievous, and independent.

**Likes:** Chasing wildlife, spending time lounging in the garden, and play time with his doggy friends.

**Dislikes:** Noisy environments and cats.

**Most endearing characteristic:** Theo is a playful boy who loves to chat to let you know what he wants. He is very independent, but will enjoy a fuss from the people he has built a bond with.

**Funniest moment:** Running headfirst into a window in pursuit of a cat!

To find out more about Theo or any Battersea dog, please call **0843 509 4444** or visit **battersea.org.uk** for more information.

Good homes come in all shapes and sizes — and so do Battersea dogs. Visit [battersea.org.uk/dogs](http://battersea.org.uk/dogs) to meet them. Like Battersea on [facebook.com/battersea](https://www.facebook.com/battersea), or follow them on Twitter [@BDCH](https://twitter.com/BDCH) and take part in the conversation now.



## Kayla is a super slimmer

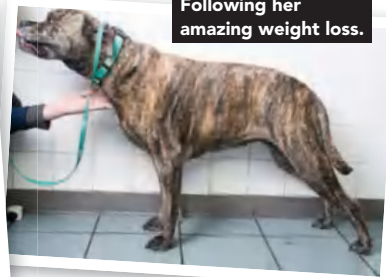
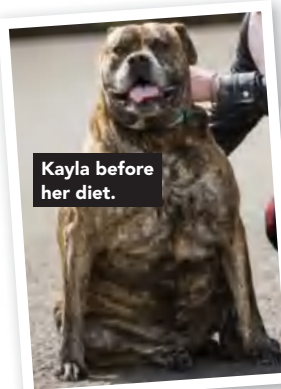
**A** former overweight Bullmastiff has been crowned 'Pet slimmer of the year' after shedding nearly a third of her bodyweight in six months.

Kayla, who's seven and from Glasgow, lost 2st 9lb, beating off competition from 14 other slimmers to win the PDSA Pet Fit Club competition in 2015.

In June 2015, Kayla weighed 9st 4lb and was at serious risk of health issues and a shorter lifespan.

Her owner, Agnes Higgins, admitted being at fault for her beloved pet's once-bulging waistline; she used to cook enough food for two portions at every meal — one for her and one for Kayla.

Prior to her weight loss, Kayla would get breathless on short walks and rarely exercised. Now she can be found playing football in the



garden and running around her local field.

Agnes said: "As soon as we enrolled in the competition the extra treats and leftovers stopped. It took her a while to stop begging and expecting food whenever I ate, but she has adjusted and doesn't grumble at all now.

"I didn't realise before that I was slowly killing her with huge portions and unhealthy treats. Hopefully she will live a longer and happier life as a result of the changes that we've made."



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ABOUT CAROLYN

Carolyn Menteith DipCABT, KCAI is a dog trainer, writer, and broadcaster. She is passionate about bringing the principles of reward-based training into the public eye.

# The great indoors

When it comes to exercising your dog at this time of year, it pays to think outside the box, says trainer Carolyn Menteith.

**D**og owning in the UK means spending a large part of the winter cold, soaked, and muddy — with every walk ending in the almost never-ending task of trying to clean and dry a filthy, wet dog — just in time to take him back out again!

Even the most dedicated dog walkers sometimes dream of having a day off. On other occasions you may not have a choice — maybe your dog is unwell, recovering from an operation, or, for some reason, can't go outside. Maybe he is just not good with other dogs and you don't want him (and everyone else) to have the stress of an unexpected canine encounter.

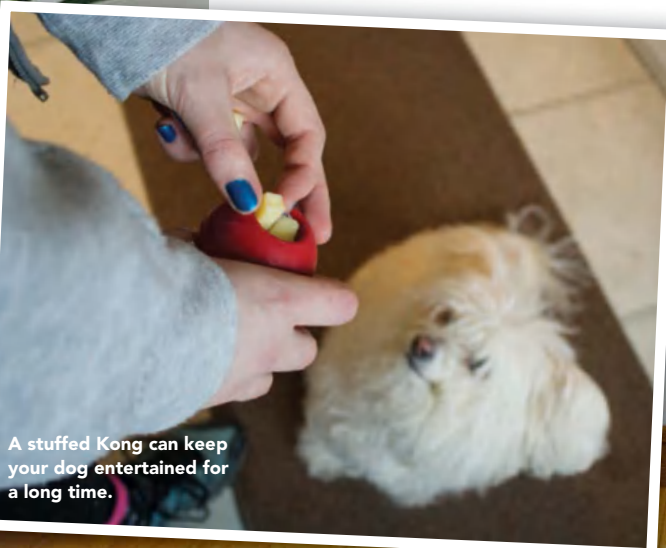
There can be lots of genuine reasons why owners don't want to venture outside, but on those days, you need to make sure you can keep your dog stimulated, his brain working, and give him something to burn off all that unused energy.

Over the next few months we'll be looking at things that can help you to do just that — so on those occasions when the great outdoors is best left outdoors, you can still give your dog some mental stimulation, problem-solving exercises, and bonding techniques that will take the place of the more physical exercise an outdoor walk brings.

## GONE IN A FLASH!

This issue, we are going to look at the very basics, and how you can use your dog's mealtimes, or his daily food rations, to create some problem-solving exercises, mental stimulation, and positive interactions.

So often the best bits of our dog's day (his mealtimes) are gone in a flash! We put the bowl down, leave the dog to it,



A stuffed Kong can keep your dog entertained for a long time.



Spend time introducing your dog to interactive toys.

**"We put the bowl down, leave the dog to it, and it lasts about 30 seconds — all that potential for interaction wasted."**

Measure out your dog's daily ration carefully to avoid overfeeding.



Pics: Graham Warren

and it lasts about 30 seconds — all that potential for interaction wasted. Dogs are natural scavengers and often really enjoy working for their food. It uses far more brainpower in a natural way, gives them a chance to do some problem-solving, and, if you do it right, can work as a bonding exercise as you get involved with this really positive part of your dog's day.

Don't forget, as with all reward-based training programmes, it is really easy to overfeed your dog when you are doing this and you'll end up with an overweight dog. Measure out your dog's food at the beginning of the day (if you are feeding kibble) and only use that amount over the course of 24 hours. Any extras can come from low fat or tiny healthy, natural treats (don't undo all your good work by filling your dog full of e-numbers) but even so, keep an eye on your dog's waistline!

For dogs who are new to you (rescued or rehomed dogs), hand-feeding can be a good bonding exercise. This isn't a problem-solver and it isn't going to use up much mental energy, but it is a great indoor exercise for getting your dog to associate you and your hands with good things.

Instead of using a bowl to feed your dog, feed him

at his usual mealtimes but give him each bit of his dinner, piece by piece, from your hands (every now and then adding something especially tasty). He doesn't have to do anything for it — just take it from your hands and begin to make the associations between you and really positive stuff happening (dinner)!

### UP TO THE CHALLENGE

There are other ways, however, to use your dog's mealtimes to provide a whole host of challenges and problem-solving ►



Thirty seconds and it's gone!



games that will use up some canine energy and test his brainpower.

First of all, there are a whole host of interactive toys and games you can buy, from the fairly cheap to the very expensive. These include the old favourite — and still one of the best — the original Kong toy (don't buy cheap imitations; some can be dangerous). This is a hollow rubber toy, which is robust enough to withstand some serious chewing, that can be stuffed with food. Once dogs understand that by playing with this toy (chewing, throwing, bouncing, gnawing) they can get the food out of it, owners can get really ingenious about stuffing the Kong really tightly (search the internet if you need ideas) so that a meal can last far longer. The dog gets to use a lot of his inbuilt behaviours that so often get forgotten when food is just provided in a '30 seconds and its gone' bowl!

### BONDING EXERCISE

Other toys include the Nina Ottosson games, Dog Pyramids, Buster Cubes, and many others. These should always be interactive sessions with you and your dog, so don't just put the toys down and leave him. Encourage him, help him, show him where the food is to start with, and make it another bonding exercise, but let him use his brain to work out how to get the treats too. Each time he will get better and better, and require less help.

Toys don't have to be expensive though! For terriers, who love ripping

**"Start simple so he knows where the food is, then build it up until he really has to work hard to get it."**

and tearing things, you can put some food inside an old cardboard toilet roll or kitchen towel roll, and let him shred it to get at the food. Start simple so he knows where the food is, then build it up until he really has to work hard to get it. Stimulating his natural hard-wired behavioural needs will also be good for his general welfare and behaviour.

For any dog, you can use an old plastic water bottle; put some food in there and leave the top off, so your dog has to roll it around to get the food out.

Hide some food under a bit of material or a towel so the dog has to move it around or tunnel into it. As always, start easy with a bit of food under the edges of the towel, where the dog can see it and smell it. Then make it harder, maybe hiding a stuffed Kong under it to make it a double challenge!

Cardboard boxes can be good as you can put things inside, underneath, or on top!

Plastic plant pots with food hidden underneath are great too (as the dog can

Try scattering food on the lawn.



Hand-feeding is a great bonding opportunity.



push them around, or paw at them in order to get the food).

Start to look at everything (as long as it is safe) as a potential interactive feeding opportunity. Always supervise, however, to make sure all play stays safe and nothing gets chewed or eaten that shouldn't, and nothing gets sharp or potentially injurious. Don't leave your dog for a second.

Once you have lots of different ideas, you can set up a whole mealtime assault course with lots of different obstacles to negotiate in order to get dinner! If you can't walk your dog for some reason, spend some time making this quite challenging and with lots of obstacles and things of interest — maybe finishing off with the last bits in a Kong that he can chew for a while.

This only works if you have just one dog (or can separate them for eating) and your dog is a good eater. Dogs who aren't foodies can get put off if they have to work hard for food (while, strangely, other poor eaters eat better if it is hard-earned). Know your dog!

## BE IMAGINATIVE!

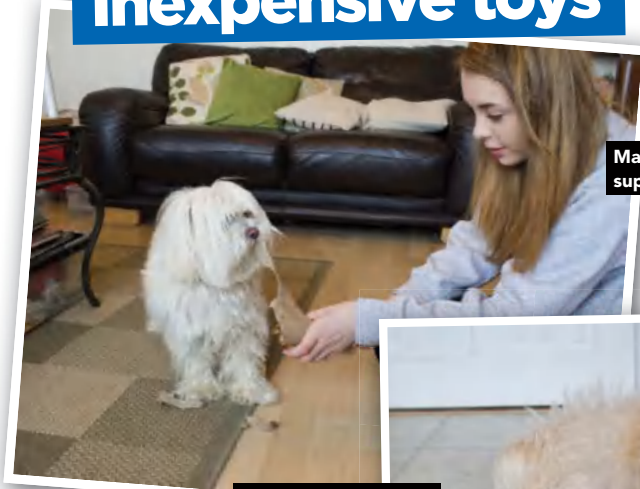
You can also try these games in the garden if you and your dog feel like venturing outside. This will give you more chance to hide things, to set up (safe) challenges, and think of even more interactive feeding methods. For example you can buy a child's tunnel (like an agility tunnel) and hide bits of food in there, so your dog gets more confident about going into things and through things. Remember to help him out and make sure nothing frightens him or can hurt him in any way.

A really lazy garden game (if you are not too lawn proud!) is to take a handful of food and scatter it over a small area of grass so the dog has to spend some time sniffing and hunting out his food.

All these exercises are very simple and fun and are a chance to interact with your dog and turn his mealtimes into something far more interesting and demanding.

All toys should be used under owner supervision. Don't do these exercises with a dog who has shown any guarding issues over food without consulting a behaviourist.

## Inexpensive toys



Make sure you supervise play.

A plastic bottle containing treats should prove popular.



Or try hiding food under a towel so your dog has to tunnel to get it.



Cardboard boxes are a great addition to the toy box.



Try hiding treats under plastic plant pots, either in the garden or inside.



Thanks to our models Maddie Lanchbury and Maltésé X Chinese Cresteds Honey and Coco.



Most popular

**TERRIERS**

# BORDER FORCE



Pic: KA9 Photo.

Borders throw themselves into everything!

## FACT FILE

Height

None specified; usually under 40cm at the shoulder.

Weight

Breed standard suggests 5 – 6.5kg for bitches and 6 – 7kg for dogs. This is an ideal but the majority, especially males, weigh more than this as an optimum weight.

**Average lifespan:**  
14 years.

**Average Price:**  
£500 – £650.

**Temperament:**  
Active, affectionate, and independent.

**Grooming requirements:**

They need brushing twice a week and the hair below the eyes and in the anal and genital regions needs trimming. The coat needs hand-stripping two or three times a year.

**Exercise requirements:**

They are capable of taking as much exercise as you can give them. Aim to give an hour a day.

**Do they moult?**

Yes, but if groomed correctly this is not excessive.

In this new series, we're looking at a selection of dogs from each of the breed groups. This month, it's the Border Terrier.

**T**he Kennel Club officially recognises 216 breeds which are split into seven groups: hound, gundog, terrier, utility, working, pastoral, and toy. We'll be shining the spotlight on three notable breeds from each group, focusing on one each month. We kick off by taking a look at terriers and the most popular of the group: the Border Terrier.

### THE TERRIER TYPE

Historically, dogs were bred to do a job. Although many breeds are not used for work any more these hard-wired behaviours and character traits still exist and influence how the dogs act as pets.

The terrier's job was to hunt vermin. The dogs would pursue foxes, rats, and other pests above or below ground. In fact, the term terrier comes from the latin word 'terra', which means earth. Terriers needed to be hardy, fearless, and tough.

That gameness makes them great companions. They are outgoing with lively characters; it's not often that you see a timid terrier. Always ready to go, they love to play a big part in family life. Naturally hardy, they don't suffer from too many hereditary health problems either.

The number of terriers has declined in recent years and some breeds have been placed on the Kennel Club's vulnerable native breeds list. While their small size may appear to be more suited to modern life, terriers are not lapdogs and often need regular grooming. Many have harsh, wiry coats that would have been resistant to the conditions when going to ground.



These dogs love the outdoors.

## HISTORY OF THE BORDER TERRIER

The Border Terrier originates from rough and hilly country either side of the Scottish/English border. Farmers and shepherds developed the breed to help control the fox population. The Border followed hunting hounds and went to ground if the fox took refuge. His job was to chase it out or alert the hunt to its presence so they could dig to it, but he was also capable of killing the fox.

The basic instincts and natural behaviours of the Border make him ideally suited to doing his job, and need to be considered before getting a pet BT. He is an active dog with lots of energy as he would have needed the endurance to keep up with the horses in the hunt and be ready to go to work when needed. Borders had to squeeze

into small spaces underground when chasing a fox. As natural escapologists they will use this skill to escape out of your garden through the smallest gaps in hedges and fences.

They were bred to hunt so may go after other small animals such as foxes, squirrels, and mice — keeping small pets is not a good idea with a Border Terrier around.

As with any dog, Borders need training, socialisation, and outlets for their natural behaviours. With these addressed, a Border will make a devoted and active member of the family.



Borders were bred to go underground after foxes.

### Health:

Generally healthy with a low incidence of hereditary disease. Associated with canine epileptoid cramping syndrome (Spike's disease) but, in reality, cases are very rare in the UK.

### Dog activities:

They are very versatile and can compete in agility, flyball, cani-cross, and obedience. They also serve as therapy pets.

### Good with other dogs?

If well socialised with other good-tempered dogs during puppyhood.

### Good with other pets?

Borders are not to be trusted around small pets such as rabbits, rodents, and birds. If raised around cats they will get on with them. However, this tolerance may not extend to cats outside the family.

### Good with children?

Borders are good with well-behaved children who will give them space when they need it. As with all dogs, interactions between children and dogs should be supervised.

### Trainability:

They are intelligent and easy to train but not naturally obedient. Be consistent but never harsh and they can be trained to a high standard.

### Type of house needed?

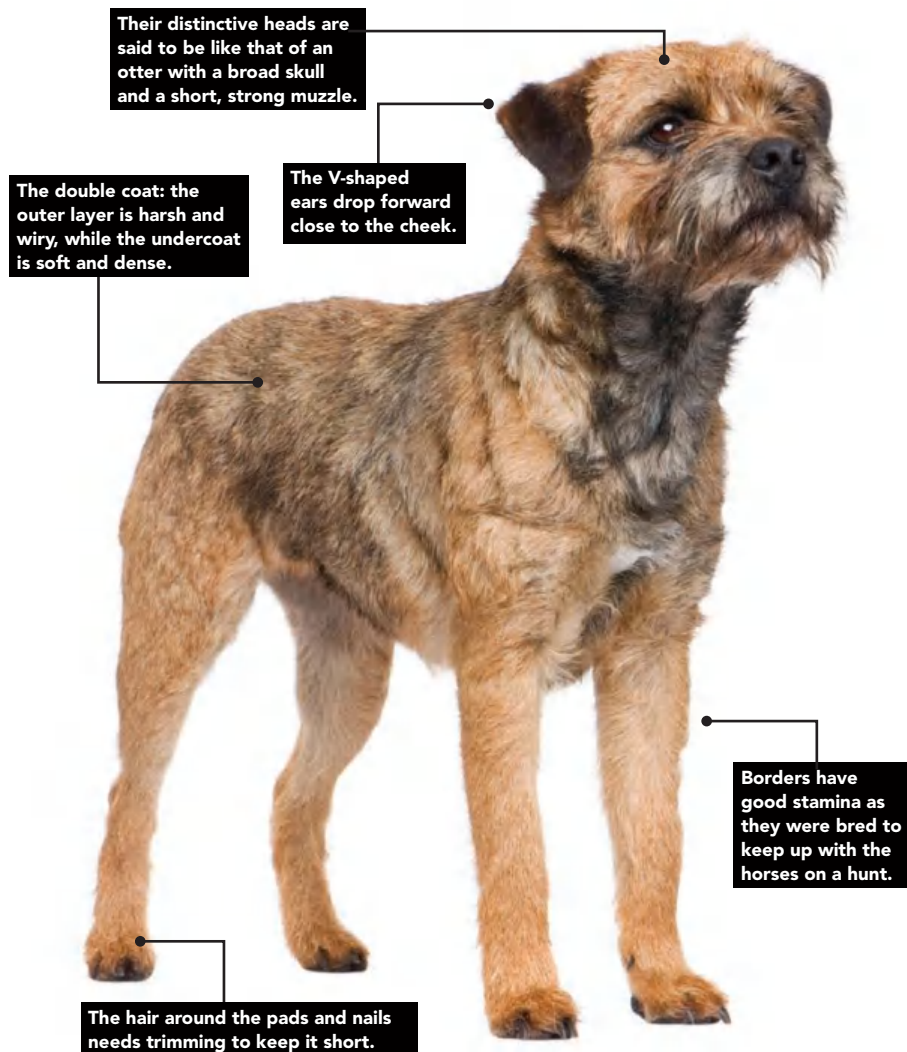
Doesn't need a large house but a garden is preferable. Could live in a flat if well exercised. Great dogs for the countryside but happy in town if they have plenty of stimulation.

### Can they be left alone?

Borders are people orientated and won't cope with being left for long periods but should be capable of spending a few hours alone. They should not be left alone all day.

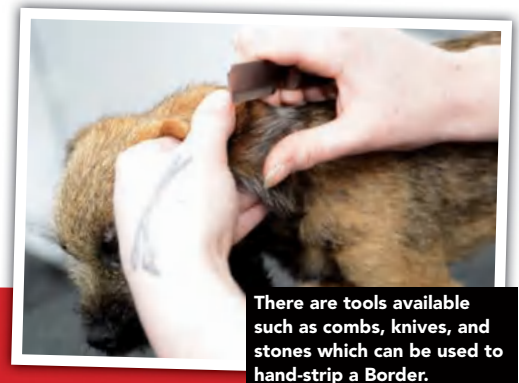


## POINTS OF THE BREED



## 5 THINGS YOU NEED TO KNOW...

- The Border's expression can sometimes be seen as dour which can hide his lovable character. He responds to love and attention and can be quite a comedian.
- Your garden must be secure, otherwise he may wander off.
- Although they are not the most obedient dogs and can be stubborn, it is not a good idea to harshly correct a Border Terrier. This can have an adverse effect.
- He has a good appetite; he'll eat almost anything. Watch his weight and if you don't want him to have something, don't leave it out.
- Borders love the outdoors but due to their hunting instincts they should never be allowed to run free near roads.



### STRIPPING OF THE COAT

A Border Terrier has a double coat consisting of a harsh top coat and a softer undercoat. Unlike human hair, a BT's hair does not continuously grow. Each hair reaches a certain length before it dies and is pushed out by a new hair.

Several times a year the coat needs hand-stripping to remove the dead hair giving the dog a tidier look. Clipping a Border's coat is not recommended as it will make it softer, less wiry, less waterproof, and the colour may change.

Your breeder or one of the breed clubs will be able to help you learn how to strip the coat by hand or find someone experienced to do it for you.

When hand-stripping, the hair is plucked away using the finger and thumb. It should come out easily and not cause discomfort. Combing to untangle the hairs means that they are easy to pull away. Start on the neck and back before covering each area of the body. Scissors are used to trim the hair in sensitive areas such as around the

genitals and the paw pads.

Hand-stripping doesn't have to be done in one go. You can leave an area and come back to it later. Get your dog used to being stripped and create good associations with it by rewarding him. Once you get used to hand-stripping it can become enjoyable. Many owners say hand-stripping is a job done relaxing in the evening in front of the television.

## OTHER BREEDS YOU MAY LIKE

If you're interested in the Border Terrier, then you might also like to consider...

### Cairn Terrier

A game terrier who fits in well with most lifestyles. His fearless demeanour and natural, slightly shaggy look make him stand out.



### West Highland White Terrier

Another very popular terrier. Cheerful, outgoing, and full of fun. Always ready for a walk but does require regular grooming.



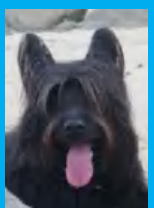
### Airedale Terrier

Prefer bigger dogs? The Airedale is the largest terrier and has all the classic characteristics of the group.



### Skye Terrier

A vulnerable native breed, who is elegant and dignified. Has a glamorous long coat. Devoted to friends but distrustful of strangers.



The breed retains its hunting instincts.



## FIND OUT MORE

Before deciding whether the Border Terrier is for you, research the breed further. Speak to owners, contact the breed club, and definitely meet some Border Terriers in the flesh. Visit The Border Terrier Breed Club website ([www.theborderterrierclub.co.uk](http://www.theborderterrierclub.co.uk)) or call the secretary on 01913 719405.

Pic: KAY Photo.

## CASE STUDY

### "I was drawn to their character and good looks"

Valerie Woolrich understands the spirit of Border Terriers and gives her two exciting lives. Eight-year-old Bryean and four-year-old Betty both do agility, have completed their Kennel Club Good Citizen Schemes, and Bryean has even taken to the stage.

"I've owned Border Terriers since 1991," said Val,

from Horwich, Lancashire.

"A vet told me that they were one of a small number of breeds to suffer from few hereditary health problems. My friend also had one and I was drawn to their character and good looks.

"They both loved doing the Good Citizen scheme. The bottom line is that they are terriers so you have to find interesting ways to get them to do what you want. Once you find their key and understand terriers they just want to please.

"In 2010 Bryean got the part of Toto in a local production of 'The Wizard of Oz'. It took quite a bit of training. One of the things that worried him was the



Bryean stars as Toto.

Pic: SJ Walkden Photography.

witch's cackle. So we got the lady playing her to cackle and give him treats. He soon got used to it and enjoyed it. He was amazing and took to treading the boards like a duck to water. In March 2015 I was contacted by another local production as their Toto was causing concern. Bryean slotted into place and was a big hit.

"Both Bryean and Betty do agility. He loves it but is not the fastest but Betty

gets terribly excited and is manic. She has got quite high grades. It's great to see them both so happy.

"Borders can be suited to older, less active people. If I am not well, mine are equally as happy to come and sit on my lap. It is best if you can give them regular exercise though. Mental stimulation is the most important thing. Even if we stay in the house I play lots of games with them."



Betty has another flying round.

## BORDER STAR ATTRACTIONS

Maggie May and Rusty are the much-loved pets of British tennis icon Andy Murray and his wife, Kim. With over 29,000 followers on her Twitter account, Maggie — and Rusty who often appears too — are fast catching up their grand slam-winning owner in the popularity stakes.

In 2009, Border Terrier Jack hit the headlines for being the youngest surfing dog in the world. The eight-month-old dog from Devon was able to ride a nine-foot board.

Pet food brand Lily's Kitchen is named after owner Henrietta Morrison's Border Terrier. Lily's battle against itchy skin was the inspiration behind Henrietta setting up the business.

Borders have appeared in many TV shows including 'Coronation Street' and 'Monarch of the Glen'.

The Border Terrier was ranked as the eighth most popular breed in the UK in 2014, based on Kennel Club registrations.

## COMING UP...

Next month we take a look at another of the terrier breeds, the Staffordshire Bull Terrier.





# Under investigation

Looking out for clues is often the key to diagnosing difficult to identify conditions. **Roberta Baxter** explains.



As a dog ages, the difficult to diagnose conditions become more common!



## ABOUT ROBERTA

Roberta Baxter MA Vet MB MRCVS qualified from Cambridge University Veterinary School in 1993. She works for Aquarius Veterinary Centre in Mildenhall, Suffolk, and also has a pain referral clinic for animals: [www.paintherapy4animals.co.uk](http://www.paintherapy4animals.co.uk)

**S**ome diseases can occur at any age, but most become more common as the years progress.

There is a range of conditions, seen in older pets, that can be difficult to identify and treat. When people come in to the vet's with their dog, they often have a list of problems. On their own, these may seem small, but together they could indicate an underlying disease.

Often owners will say that their older pet has suddenly slowed down, is drinking more, seems more lethargic, and is, perhaps, panting more. The dog may have lost his or her appetite, although in some cases the appetite is normal or increased; intermittent vomiting may also be an issue.

Increased drinking may mean it is harder to hold the bladder, and so urinary accidents and incontinence become an issue.

When examined, these dogs are often a little weak, have poor muscle tone, and they pant a lot. The coat may be thinned or moulting, and there may be hair loss. The skin can be dry or thinner, and often has lost lustre.

Examination often yields little more in the way of information, and further investigation is usually necessary; these dogs could be suffering from liver or kidney disease, or from a hormonal imbalance such as Cushing's disease, hypothyroidism, or diabetes. Where unneutered females are concerned, pyometra (a severe womb infection) is also worth considering.





Increased and excessive drinking may indicate some underlying disease.

## Following the clues

Recently, I saw a number of dogs at the surgery who fitted this bill, but in each case the key to successful treatment and an improvement in health was an accurate diagnosis, which necessitated further investigation.

Gertie is an ancient St Bernard bitch whose non-specific symptoms of increased drinking and malaise followed a season one month ago — a big clue to her condition.

Clinical examination did not yield a diagnosis, and further investigation was needed. Blood tests showed that her liver and kidneys were not working

particularly well, but what was much more concerning was a very high, white blood cell count.

An abdominal ultrasound examination confirmed a pyometra (pus-filled womb) for which the most effective treatment is usually spaying. However Gertie's owner declined surgical treatment due to her size, age, and other problems, and so we have embarked on a course of hormone treatment and antibiotics instead. This may encourage the womb to drain, although recurrence of the disease after her next season is a significant risk. She's a sweet girl, and I hope that she will respond to treatment.

## Test reveals diabetes

Zippy, a middle-aged Corgi who had been drinking excessively recently and losing weight, was similarly difficult to diagnose. Clinical examination did not reveal anything abnormal (other than that he was slightly dehydrated) but a urine test and a blood test both showed very high levels of glucose, indicating diabetes mellitus.

I explained to his owner that diabetic dogs tend to need twice daily injections of insulin, and that a diet

containing complex carbohydrates for slow energy release would be ideal.

We set up an appointment for the following day so I could go over how to do the daily urine test to monitor sugar levels, and also teach the owner how to measure and inject insulin.

We'll check the dog again after a couple of days, and then have him in for blood glucose sampling throughout the day to see how he is responding, and whether he needs a dose adjustment.

I also had a chat about blood glucose monitors; the reduced price and easy availability of these machines allows owners to do blood glucose monitoring at home, which can lead to more accuracy and better control of the condition.

Diabetic dogs will often need to be given insulin injections...

...and a special diet.

Brain disorders can be checked using an MRI scan.



## Under pressure

Ella, a Greyhound with Cushing's disease, came in later.

Cushing's involves the overproduction of natural steroid chemicals in the body, in Ella's case from a benign mass in the brain.

Originally she had been miserable and shaky, drinking a lot, and very hungry. She had also lost a lot of hair and had bald patches and areas where the skin had thinned.

On treatment her symptoms resolved and for a couple of years she had been back to normal; regular blood tests had shown her steroid levels to be controlled. Recently, however, she had been drinking more again, had lost her appetite, and had started to develop some new symptoms including reduced nerve function in her hind legs, wobbliness, and reduced vision.

A referral to a specialist would be the next step, and I had a horrible feeling that the steroid-producing mass in her brain had suddenly got big enough to put pressure on the brain and nerves, and was causing a new problem. This is a rare complication — most dogs on treatment for Cushing's disease do well. A brain MRI will allow us to check it out, but in the meantime I've actually reduced Ella's medication; allowing her steroid levels to rise slightly should help to reduce the swelling in her brain and make her feel better.

## Delving deeper

Maisie is a youngish collie who'd been showing symptoms of increased thirst and decreased appetite. Again, clinical examination didn't tell us much, but blood tests showed her to have severe and unexpected kidney disease. An ultrasound scan confirmed damage to the kidneys, although the cause was uncertain. It is possible that she has a hereditary condition, but the other possibility is that she had ingested some kind of kidney toxin, such as anti-freeze.

She was given 48 hours on an IV drip to try to flush any toxins out of her system, and will be given medication and food that supports kidney function. A repeat blood test in a week will help to clarify what the outcome will be.



Anti-freeze can cause kidney disease.



For more advice on dog health, check out 'Dog Answers Extra' on page 56 this issue.



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6  
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10  
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Simply visit [www.yourdog.co.uk/freebies](http://www.yourdog.co.uk/freebies), quote the code **ABYC6882** and follow the instructions on screen.

Alternatively, send your details, on a postcard or the back of a sealed envelope, to: **Your Dog**

Magazine, 1-6 Buckminster Yard, Main Street, Buckminster, Grantham, Lincolnshire NG33 5SB, including the name of the giveaway you'd like to win.

If you'd like to enter more than one giveaway, please include separate entries for each item inside an envelope.

The closing date for online entries is February 1, 2015, and for postal entries February 15, 2015

(UK only). The winners will be picked after the postal closing date. BPG Media and the companies offering these giveaways may use your details to let you know about other products and services that might be of interest to you. If you do not wish to receive this information, please write 'no' in the top-left corner of your card when you enter or tick the appropriate boxes on your online entry.





# 125... and still going strong!

Crufts is celebrating a landmark birthday this year, as we discover.

**M**ore than 120 years ago, one man launched a pedigree dog show in London that would go on to become the greatest canine event in the world.

This year marks the 125th anniversary since Charles Cruft staged the first Crufts dog show, in 1891. So, how has the annual event changed since it first began? We take a look...

## Then and now

**1891**

The first Crufts show attracted more than 2,000 dogs — an impressive figure in its day. There were 35 different breeds at the first event, plus some 'foreign breeds'.

**2016**

Today, 22,000 dogs compete annually at Crufts, and there are around 200 different breeds competing from all over the world.

The Crufts champion 2015.

## Crufts timeline

**1891**

The first Crufts takes place at the Royal Agricultural Hall, Islington, London.

**1928**

The first Best in Show winner is a Greyhound called Primley Sceptre.

**1938**

Charles Cruft dies and his widow, Emma Cruft, takes over the running of the show.

**1948**

The first Crufts under the Kennel Club takes place at Olympia.

**1950**

The show is televised for the first time.

**1961**

Entries break the 15,000 mark for the first time.

**1974**

Crufts changes its name to Crufts.

**1978**

Agility is demonstrated at Crufts for the first time.





## WHAT'S ON?

This year's Crufts is being held from March 10 – 13 at Birmingham's NEC. As well as hundreds of trade stands and the popular Discover Dogs area, a number of displays and demonstrations will take place over the four days.

The British Veterinary Association (BVA) and Animal Health Trust (AHT) will join the Kennel Club on its stand to provide information on the health initiatives that exist between the organisations.

Returning this year are the East Anglian Staffordshire Bull Terrier Display Team, the West Midlands Police Dog Display Team, the RAF, and the Southern Golden Retriever Display Team.

The UK's top cross-breed dog will be chosen on the Saturday of Crufts when the final of the Scruffts Family Cross-breed Dog of the Year competition is judged by British author, Jilly Cooper.

And, of course, Sunday night will see the winner of the Friends for Life competition followed by this year's Best in Show champion.

For the first time, the Cirneco dell'Etna and Lagotto Romagnolo will have their own classes in the hound and Gundog groups.

## Then and now

**1891**

The entertainment and information provided for visitors has changed dramatically. In the Victorian era, events were made popular by curiosities and eccentric displays. Visitors to Crufts in the 19th century would have been greeted with a taxidermy exhibition.

**2016**

Today's visitors are welcomed with a dedicated health stand, where experts are on hand to discuss a range of health topics.

A crowded show in 1948.



A boy and his dog look at a poster for Crufts in 1949.

## Then and now

**1891**

Entry to Crufts varied in Victorian times. The show ran late into the evening, until 10pm, and people were expected to leave their dogs there overnight, and to have them there for the entire three days of the show. However, people could pay an extra fee to take their dog home at night as long as they were back first thing in the morning. Ticket prices were: Wednesday 2pm to 6pm, and Thursday and Friday from 10am to 6pm: one shilling; Wednesday 9am to 2pm: two shillings and sixpence; Wednesday, Thursday, and Friday from 6pm to 10pm: sixpence.

**2016**

An adult ticket for this year's Crufts costs £16.20.

## Then and now

**1891**

Originally, only pedigree dogs were invited to take part at Crufts.

**2016**

Crufts hit the headlines in 2013 when it introduced the first cross-breed only competition, Scruffts. Now every year, the final of Scruffts is held in the main arena — the same place as the pedigree Best in Show competition.

## Then and now

**1891**

The Fox Terrier was probably the most popular breed in 1891.

**2016**

The most popular dog breed today is the Labrador, which has claimed the top spot for a number of years.

**1979**

The show moves to London's Earls Court.

**1987**

The show is extended to four days.

**1991**

Crufts moves from London for the first time, to Birmingham's NEC.

**1994**

The Discover Dogs area is introduced at Crufts.

**2004**

The popular Friends for Life competition, then called Hero Dogs, is introduced.

**2009**

The show is streamlined online, becoming the most watched channel on YouTube in the UK.

**2013**

The final of Scruffts Family Cross-breed competition takes place at Crufts for the first time.



# 5 minutes with... Crufts judge Frank Kane

## ABOUT FRANK

Renowned international dog show judge Frank Kane has been judging for 42 years. He first judged at Crufts in 1984 in the American Cocker Spaniel class and has judged many other breeds since. Frank judged Best in Show at Crufts in 2012, when he chose Lhasa Apso Elizabeth as champion. He is a breeder of Cocker Spaniels, American Cocker Spaniels, and Sealyham Terriers.

## Q How are the judges at Crufts selected?

**A** "Judging at Crufts is a once in a lifetime opportunity — it's the pinnacle of a judge's career. Most people will only judge their own breed once at Crufts. Some judges are more experienced in several breeds and will do more. Very few people get asked to judge Best in Show. They're usually extremely experienced, long-standing judges who get invited. I judged Best in Show in 2012. I have judged five of the groups at Crufts, including this year when I will be judging best in the pastoral group."

## Q What is your most memorable moment at Crufts?

**A** "I first went to Crufts in 1964 when I was a schoolboy. I can still remember it vividly; I was like a child walking into a sweet shop. It was the 'who's who' of the dog world; there were lots of famous dogs and breeders, and it was my first visit to a dog show."

"I judged American Cocker Spaniels at Crufts 20 years later, in 1984. If you had told me that 40 years down the line I would be judging Best in Show I wouldn't have believed it. Obviously, judging Best in Show in 2012 also stands out."

"Every dog lover should go once to Crufts — it's like a pilgrimage to see the best dogs."

## Q Which dog stands out most of all for you?

**A** "I've been going to Crufts for 51 years so I've seen a lot of famous

dogs. The Kerry Blue Terrier champion Torums Scarf Michael (who won Best in Show in 2000) stood out; I gave him Best in Show before he went to Crufts, at the Ladies Kennel Association in Birmingham. I consider him one of the best dogs I have ever judged. It was great to see him win."

"Another dog who stood out was the Sealyham Terrier EFBE's Hidalgo At Goodspice which won Best in Show in 2009. I was thrilled when he won. Also, the Lhasa Apso which won Best in Show with me."

## Q How do you pick just one dog from all the Best in Show finalists?

**A** "The seven finalists will have already got the approval of two judges before they get to you. They have to be pretty good dogs to get that far; the Best in Show judge should expect to have seven, top-quality dogs

who are all excellent representatives of their breed in front of them. You have to think which one is closest to perfection for its breed; which one is firing on all cylinders and putting everything into its showmanship; and which one has star quality on the night."

## Q How has Crufts changed over the years?


**A** "There are many more international dogs coming in; before the Pet Passport scheme it was confined to dogs in the British Isles. Now, the best international dogs come to Crufts, as they would all like to have a go at winning. Crufts is the most prestigious show — it's the one known worldwide."

"The show has grown in numbers; there's around 22,000 dogs every year. When I first started going, eight to 12,000 was considered good."

Frank with 2012 Best in Show winner Elizabeth and owner Margaret Anderson.







A young handler with her dog.

#### DID YOU KNOW?

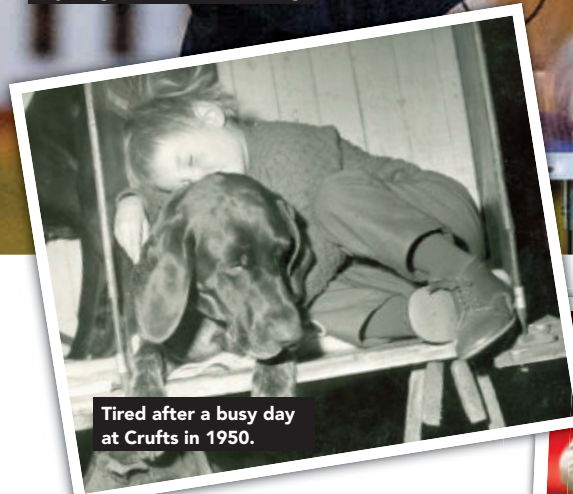
In the 19th century, Crufts attracted the attention of the nation's most famous 'dog fancy' enthusiast — Queen Victoria. The royal dogs took part in their own competition at the first Crufts and were accommodated in a roomy kennel in full view of the public.

#### DID YOU KNOW?

The layout of the stands, rings, and benches in 1891 ensured there was enough space to accommodate ladies in fashionable crinoline skirts.

#### DID YOU KNOW?

The Best in Show title was not introduced until almost 40 years after Crufts launched.



Tired after a busy day at Crufts in 1950.

# WIN!

## A VIP TRIP TO CRUFTS

This year, Crufts celebrates its 125th anniversary — and you could be there. Your Dog has teamed up with the Kennel Club to offer one reader the chance to win a VIP family package to Crufts, including lunch and tickets to the Best in Show finale on the Sunday evening.

There are also 20 runners-up prizes of a pair of tickets to one day of the show.

The four-day event takes place at the NEC in Birmingham from March 10 to 13. Crufts remains one of the most popular events in the UK, attracting more than 22,000 dogs and 130,000 visitors each year.

For further information and to buy tickets visit [www.crufts.org.uk](http://www.crufts.org.uk)



Plus 20 pairs of runners-up tickets

The Young Kennel Club agility competition.

#### HOW TO ENTER

To be in with a chance of winning, answer the question right and send your answer, along with your name, address, and daytime telephone number on the back of a postcard or sealed envelope, to: **Your Dog Magazine (Crufts competition), 1-6 Buckminster Yard, Main Street, Buckminster, Grantham, Lincolnshire NG33 5SB**, or enter online by visiting [www.yourdog.co.uk](http://www.yourdog.co.uk).

#### competitions

The closing date for entries is February 15, 2016.

**Q** How many dogs does Crufts attract each year?

- A Around 10,000.
- B Around 22,000.
- C Around 20,000.

Terms and conditions: The winner will be the first correct entry drawn after the closing date, followed by 20 runners-up. Open to residents of the UK only. Tickets and the VIP package may not be sold on for profit or passed on to a third party. Tickets are for one day only; VIP tickets are for use on Sunday, March 13, 2016 only. If required, VIP tickets can be exchanged for use on another day, but the Best in Show tickets will be forfeited. Winners must make their own way to and from the venue. The Kennel Club and BPG Media may use your details to let you know about other products or services you might be interested in. If you don't wish to receive this information, please write 'no' in the top left-hand corner of your entry, or state this in your email.



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# Letters

## STAR LETTER

### SCOOBY'S CHANGED OUR LIVES

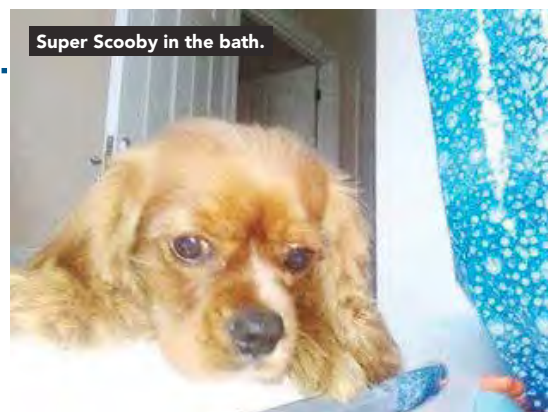
I read a story some time ago in the news section of Your Dog which mentioned that a new study had discovered a significant decrease in stress in families with autistic children that get a dog.

We are a family of five and two of our children have autism. After struggling with my son not liking loud noises, change, or busy places for years, it was almost impossible to go out on a day-to-day basis. So I went on a course run by Dogs for the Disabled (now Dogs for Good) called PAWS, which is for parents so they can learn to teach the family dog to help their ASD (autism spectrum disorder) child.

We got Scooby, who has totally changed our lives and comes everywhere with us. He knows when my son is about to go into a meltdown and so he comes and sits with him to calm him down.

From my son not being able to cope at all, he can now walk around a crowded car boot sale and when people stop and talk to him, he is able to talk about Scooby, which is just amazing for our family.

I recently took my son on a group trip to the seaside; Scooby had to stay at home. My son



could not cope on the beach at all, due to the noise and the people. The only thing he wanted to do was go to a pet shop and get treats for Scooby. This experience highlighted just how much Scooby does for our son.

Being a family with special needs children can be really stressful but Scooby also helps me and my husband. Scooby is always there when we need a cuddle and whenever things get too much we find walking Scooby so relaxing. I really don't think our family would be what it is without the love our little Scooby brings us on a daily basis.

**Eva Batten, email address.**

Our 'Star Letter' correspondent this issue receives a six-month subscription to Your Dog Magazine.



#### SEND YOUR LETTERS TO...

Email your letters to [s.wright@bpgmedia.co.uk](mailto:s.wright@bpgmedia.co.uk)  
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and views to Sarah  
through Twitter  
(@yourdog) or  
Facebook ([www.facebook.com/yourdogmagazine](http://www.facebook.com/yourdogmagazine)).

### CELEBRATION CAKE

My dog Buddy recently celebrated his fourth birthday and I'd like to share a recipe for a dog-friendly cake that owners can eat as well. It is absolutely delicious.

#### Ingredients:

- 1 egg.
- ¼ cup smooth peanut butter (check it does not contain Xylitol).
- 1 teaspoon vanilla essence.
- ½ cup honey.
- 1 cup grated carrot.
- 1 cup wholemeal flour.
- 1 teaspoon baking powder.
- Just enough olive oil to bind.

#### Method:

- Pre heat the oven to gas mark 4, 180C.
- Combine egg, peanut butter, vanilla, honey, and oil.
- Stir in the grated carrots.
- Add the flour and baking powder.
- Mix together well.
- Cook in a loaf tin for 40 minutes.
- Leave in tin until cool enough to serve.

This is not an everyday recipe, but one that can be eaten as an occasional treat.

**Su Brandon, East Yorkshire.**

### Briefly

In Dog Answers (*December issue*) a reader asked the experts 'Which breed is best?'. In view of her very busy life with two young children, three cats, and a part-time job, I'd recommend she thinks very hard about this.

I bought my first dog when my husband and I retired. Although I only worked two nights a week before retirement, I knew I could not have given a dog my full attention at that time.

I would have suggested waiting, at least until the children are old enough to help with walks and training.  
**Jenny Wears, Suffolk.**

#### Our December issue gets the thumbs up from Adrian.

I am a new subscriber to your magazine. I enjoyed the content of the December issue; the articles were interesting and they covered most subjects in the care and training of dogs. I was brought up with Springer Spaniels from a young age and now aged 69 have a great knowledge of dogs. I have a Springer Spaniel called Molly, coming up to nine years old, who I love to bits. Thank you for an enjoyable magazine.  
**Adrian Phillips, Birmingham.**





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It's the responsible dog owners who will end up being penalised, says Philip.

## EVERYTHING TO FEAR

One cannot help but admire the naivety of Kay Griffiths' letter 'Nothing to fear' (*Letters, December issue*). She says that as a responsible dog owner she has nothing to fear from the introduction of DNA testing on dogs to identify who's responsible for dog fouling. However, I would suggest that as a responsible dog owner, she has everything to fear. Councils target the responsible people in the community because they know that they are more likely to pay fines than the less responsible owners who simply ignore them.

It doesn't take too much imagination to figure out how local authorities will exploit this suggested database to persecute responsible people.

Has it not occurred to Kay that picking up after a dog is not always a straightforward event, especially when your dog decides to use a patch of long grass? Without taking a portable steam cleaner on your walk it is virtually impossible to remove every trace of dog foul and this is the very thing that the local

council will rely on. Any trace left behind will be construed as 'not clearing up' and will be deemed evidence, with even the most conscientious owner likely to find a fine dropping on their doormat.

There is, of course, unlimited potential for the local yobs to redistribute bags that have already been placed in the bins by throwing them on to the public highways or parks. Those administering this law will take no account as to how a bag (or its contents) has got to where it is, or who put it there; its presence will be enough to merit a fine.

This proposal, which no doubt will be welcomed and introduced by many dog-hating local authorities, will evolve into yet another form of legalised theft. It will be on a par with excess parking charges and bus lane traps, which have seen millions of pounds raised.

The solution to this problem is not a simple one and certainly not as simple as chasing people around with DNA evidence. It requires an attitude change so that failing to clean up dog foul is seen as an anti-social activity. Councils also need to provide more bins to encourage people to do the right thing. Although some roads have bins every 200 metres, other areas go for miles with none at all.

In my opinion there needs to be a national advertising

campaign, and possibly a bit of naming and shaming via the front pages of the local media.

Whatever the answer is I can guarantee that the setting up of dog DNA databases is most certainly not it.

**Philip Lewis, West Sussex.**

## RESPECT AND BOUNDARIES

I have just read with interest 'A walk on the wild side' by Carolyn Menteith (*December issue*). I had the privilege of visiting Wolf Watch a few years ago. At the time there were only three wolves, but I did meet Madadh, who came up behind me and rested her head on my shoulder while I was sitting on a low wall. It was an experience

I shall never forget and was well worth the five hours it took to drive there.

At present I am lucky enough to live with five dogs and three of them are powerful breeds, a German Shepherd and two Northern Inuits, though I have never felt the need to be heavy handed with any of them.

Asserting your leadership with a dog is all about communication, behaviour, and teaching them boundaries early on, which is very similar to bringing up young children. They need to know what the rules and limitations are so that they feel secure, but they also need consideration and respect.

**Your Dog reader,**  
email address.



Wolf Madadh says hello to Carolyn during her visit to Wolf Watch.

## Scraggs by Richard Duszczak





# 10

## ways to make your dog feel special

Treat your dog to a special  
Valentine's Day meal.



Valentine's Day is fast approaching, and what better time to indulge your favourite dog? Here are some great ideas to help you make February 14 memorable.

# 1

### On the menu

Just like us, there's no doubt that the way to most dogs' hearts is through their stomachs, so why not cook your canine friend a lovely meal on Valentine's Day? If you like the idea of browsing recipes and choosing something extra special, you could order 'Dinner for Dogs' by Henrietta Morrison, who is the founder of natural pet food company Lily's Kitchen. This lovely little book contains 50 tasty and easy recipes for dogs and puppies that have all been developed with the help of a vet. It also contains ideas for making your own biscuits, kibble, and quick treats, herbs to include, nutritious daily meals, and recipes like vegetable mash for dogs recovering from illness. You can even follow up the meal with a delicious dessert, such as doggy ice cream made with natural yogurt.

Avoid adding onions, garlic, leeks, and shallots to dog food. These vegetables contain a substance that can cause anaemia by damaging the red blood cells.

# 2

### Sweetie time

If you would like to treat your dog to some Valentine's chocolates make sure they are suitable for dogs. Normal chocolates can be poisonous to dogs, as they contain theobromine, which humans digest easily but dogs do not, and so it can build up to toxic levels in their system.

Luckily there are lots of chocolate dog treats available on the market, which provide owners with a great way to safely spoil those dogs who have a sweet tooth. Remember that these chocolates are treats, so be careful not to overfeed them, or your dog could soon be putting on weight!

# 3

### Pay attention

The greatest gift you can give to any person, or any dog, is the gift of your time. Juggling a hectic life/work schedule can become so difficult that we are all multi-tasking too much. In doing so, days can pass by without us really taking the time to notice what our dog has been doing, how his mood is, and if he's feeling healthy and well.

Everybody loves a puppy and they

always get lots of attention, but as a dog grows older, he can tend to fade into the background of family life.

Valentine's Day is a great opportunity to focus your attention fully on your dog. He will love it! Turn off your mobile phone, leave the cleaning for a day, and just spend a few hours reconnecting, bonding, and enjoying being with your favourite friend. Get his toys out, and treat him to some new ones, then have fun finding out which ones he loves best.

# 4

## Just the two of you

Dog owners who have more than one dog

are probably used to doing everything together as a group. This Valentine's Day resolve to spend some individual quality time with each one of your dogs. Instead of taking them out for the usual group walk, treat each one to an individual walk that just the two of you can enjoy. Leave the others behind with a promise that you'll walk them later, and set off on a route that you know your dog will enjoy.

It can be a pleasant surprise to go back to the days when you only had one dog, and see how much they enjoy your company. Later in the day, do the same for your other dogs. Take some photographs while you are out and about, and get them printed and put in a pretty frame as a memento of this special day.



Make it a bonding experience!

# 5

## Go exploring...

Your dog will be really happy if you make a big effort to take him on

a brand new walk. The same old trails with the same old smells can become a little mundane after a while. Have a think about whether your dog enjoys going to the beach, or prefers sniffing along some lovely woodland trails? Whatever he likes best, do it, as this is his special Valentine's treat. Have a look at the map, ask friends if they can recommend somewhere in your local area, or jump in the car and drive further afield.

February weather can be changeable, so make sure your dog has a warm, waterproof coat or jumper to wear and dry him off thoroughly when you get home, before curling up on the sofa together for a hot drink and a cuddle.

# 6

## Get pampered!

Another way to show your dog you love him is to treat him to

a pamper session. Make sure you have plenty of time, and keep the whole session nice and relaxed and happy. Start by giving him a gentle but thorough comb and brush, and if necessary clean the coat with a warm bath and some detangling conditioner.

Then give him a really thorough grooming session, taking your time and having little breaks to give him a drink and a treat.

Next you can give your dog a gentle massage, just running your hands along his body and legs in the direction of his coat. Finish off with a spritz of dog-friendly cologne and then why not have a nice scented bubble bath yourself? After all, Valentine's Day is for owners as well!

# 7

## Get away!

February is a fantastic time of year to plan a little holiday or weekend away with your dog. Check out

the last Your Dog 'Where to Stay' guide, which was available free with the May 2015 issue of Your Dog Magazine. Here you will find lots of great ideas to inspire you and get you into the mood for a mini-break.

Many owners of hotels, cottages, and B&Bs recognise that dogs are much-valued and loved family members, and are happy to accommodate them. Check to ensure that bowls, beds, and other essential items are included and find out where the best walks are in the local area before you set off.

A winter break can be just as much fun for your dog as a summer one, and also much cheaper.



Book a dog-friendly break for you and your dog.

# 8

## On the cards

While it's lovely for us to receive a Valentine's Day card, there's no doubt that your dog will probably appreciate an edible one more! You will find a wide

variety of these in pet shops and by searching the internet. An edible card can make a perfect gift

for the dog who has everything. Alternatively, you could share the love by sending a Valentine's Day card from your dog to his best buddy.

And if your other half feels like he or she is missing out, there are tons of dog-themed Valentine's Day cards available, to suit every style, budget, and taste.

Edible cards will go down a treat.





Enjoy a game with your pet.

## 9

### Play time...

When was the last time you enjoyed playing some games with your

dog? Not just throwing a ball for five minutes on a walk, but trying out new games, toys, and activities, and generally having fun? Get creative and try scent games, hide and seek, scattering treats in long grass, and laying a treasure hunt trail around the garden or house.

If your dog has a special friend he gets on well with, you could even arrange a play date and then spend a long, lazy afternoon at the park, on a walk, or simply enjoying some games in the garden. There is nothing more entertaining than watching your dog playing happily with one or two of his friends, and it's a great excuse for owners to get together as well.

Why not treat your dog and his friend to a fitness and fun swim at your local canine hydrotherapy centre? You may find that there are special offers on at this time of year, and some centres even arrange pool parties for dogs. A swimmingly fantastic way for your dog to enjoy Valentine's Day!

## 10 Say it!

Does your dog understand every word

you say? Probably not, but he will be listening to you all the time and watching your body language and doing his best to work out what you want from him. So, this Valentine's

Day, make sure you actually tell your dog how much you love him! Talk to him in a happy, friendly voice, give him lots of cuddles, and just be entirely grateful that you have such a wonderful, extraordinary creature to spend this day and every day with! Happy Valentine's Day everyone...



Make sure you show your dog just how much you care.



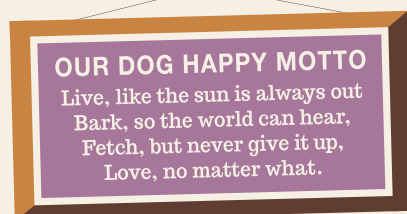
## Baking the nation dog happy

From long walks and lots of love to tasty food and tail-wagging moments, you've made a lifelong promise to keep your four-legged friend dog happy.

### Laughing Dog shares this promise

We believe that every dog deserves to be dog happy.

To love and live life to the full with lots of fun and foody flavour.



### Our dog happy mission

Laughing Dog believes the secret to dog happiness is simple: your dog deserves the very best.

And we believe that baking your four-legged friend's food is the best way to ensure they stay 100% dog happy.

Three generations ago, our bakers discovered that slow baking was the best way to protect all the natural goodness and taste of the wholesome ingredients we grow and source ourselves on our family farm in Lincolnshire.

We soon learned that even the fussiest of dogs love Laughing Dog's deliciously baked crunchy taste, and because it's baked we believe our food is easier to digest and gentler on sensitive tummies.

While traditional baking is a much slower cooking process compared to other conventional methods of making dog food, we believe it's worth it if it means the very best for your four-legged friend.

### Fresh off our baking line

Unlike other dog foods, all of our food is made from start to finish on our farm – every delicious bag that goes out of the bakery can be traced back to the baker who carefully created it and the oven it was carefully baked in.

### Wagging tails all round!

Some dogs, just like us, can be sensitive to wheat gluten, which is why all of our completes are wheat free (as well as soya and dairy free).

Slow-baked using barley, oats and vegetables from the farm, our Wonderfully Wheat Free Completes are made from a single source of meat and enjoyed by not just those with sensitive tummies.

We also know that some of our four-legged friends can be sensitive to common grains and cereals such as rice, barley, maize or oats. Our Gloriously Grain Free Completes are full of meaty protein and mixed with high quality vegetables; perfect for even the fussiest of dogs.

We understand exactly what kind of nourishment dogs need at each stage of

their lives, which is why all of our specially formulated hypo-allergenic recipes are created to help deliver the vitamins and essential nutrients your four-legged friend needs.

### After baking for over three generations, we know what makes a dog happy day.



Find us in your local pet shop, **Sainsbury's** or visit our website.

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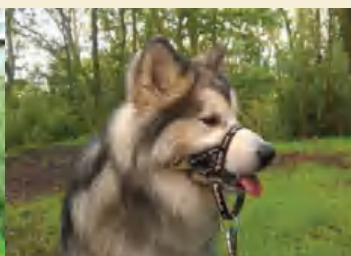


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**DOGMATIC DOES THE TRIPLE AND WINS PRODUCT 'I CAN'T LIVE WITHOUT' AWARD FOR THE THIRD TIME!!!**

Dogmatic are extremely proud to announce that, thanks to Your Dog Readers, we have been voted Winners of the 'Product I can't live without' category of the Your Dog Magazine and Pet Industry Association Product Awards 2015/16.

This is a wonderful achievement, being voted the 'Product I can't live without' for the third time, in a category that spans the pet product market.

We are always delighted to hear how much the Dogmatic Headcollar has helped owners and their dogs and it is their 'must have' product. It is wonderful to have such a loyal Customer base who continue to 'spread the word' about Dogmatic.

**What a great start to 2016!!**



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# It takes two!

Tension on the lead  
works both ways.



## ABOUT SARAH

Sarah Fisher is a Tellington TTTouch Instructor and works with a variety of animals, including horses and dogs. She trained in the USA with Linda Tellington-Jones and Robyn Hood and runs the UK TTTouch Centre from her farm near Bath. Sarah teaches clinics and workshops for members of the public, trainers, behaviourists, and rehoming centre staff, and incorporates TTTouch exercises with techniques learned from horse trainers, to improve the posture of the care-givers and refine their lead handling skills. These techniques have become an important part of Tellington TTTouch and many other trainers are successfully using them in their own teaching systems.

Pic: Bob Atkins

Tension on the lead isn't just about your dog pulling, it's often down to the way you handle it. **Sarah Fisher** explains.



**"Paying attention to your own posture and the way you handle the lead can help to keep your dog calm and fully engaged."**

It's no coincidence that some dogs struggle in social situations when they're on the lead.

Pressure on the dog's neck triggers the opposition reflex, creating tension through his body, which in turn creates higher levels of arousal. Tension through the body triggers the sympathetic nervous system, responsible for the flight/fight/freeze/fool around response, and when this part of the nervous system is engaged the dog cannot learn.

So while it is important to teach a dog good life skills, including how to walk in balance by your side, using reward-based techniques, paying attention to your own posture and the way you handle the lead can help to keep your dog calm and fully engaged.

Lead exercises aimed at improving posture and proprioception (the body's ability to sense movement) are an integral part of the Tellington TTouch technique. And while observing the dog's movement, coat, muscle development, and nervous system responses are an important aspect of TTouch, improving the skills of the handler are key to helping dogs to relax and changing habitual behaviours when on the lead.

## STARTING OUT

When you know what you do, you can do what you want! Unless we are aware of our own habits, we cannot change them. This neat exercise (right) gives you information about existing tension in your shoulders, arms, and back, and helps to highlight the impact of tension on the ability to process sensation through the body as well as down the lead.

## ESTABLISHING THE IMPACT OF TENSION

This exercise illustrates how a tight lead and bracing in our body limits our ability and that of the 'dog' (your friend in this exercise) to process subtle information. Note how much more quickly your friend responds to a signal on the lead (and opens her eyes) when it is loose and her body is relaxed.



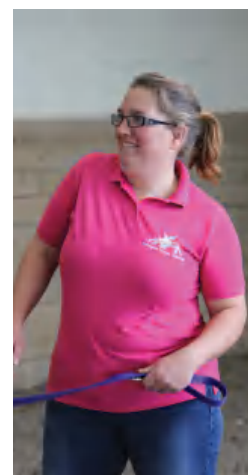
**1** Ask a friend to hold one end of the lead. Support the end of the lead in one hand and pull the lead taught so that you are stretching it firmly between you. Place your other hand gently around the lead but avoid gripping it with this hand.



**2** Ask your assistant to close her eyes and to only open them when they are aware of your hand moving lightly up the lead towards them. Keep the lead tight and slowly slide your hand along the lead towards your friend.



**3** You may need to step forward as you slide your hand along the lead but remember to keep a pull on the line with your other hand. Note the position of your hand when your friend opens her eyes.



**4** Rotate your shoulders forward and back, and wiggle your arms to release the tension.



**5** Slightly bend your knees and take a few deep breaths. Ask your friend to do the same.



**6** Repeat the exercise sliding your hand along the lead towards your friend but this time keep the lead loose. Remember to breathe. Note if your assistant opens their eyes when your hand has covered less distance on the lead than when the lead was tight.



## RELEASING THE TENSION

The nervous system develops habits, and many handlers carry tension through their shoulders due to busy lives. Working on computers, driving, carrying bags, and so on restricts movement through the upper body over time. This exercise helps to release that tension in a simple, non invasive way. Practise this exercise before walking your dog or at any point during a working day.



**1** Stand with your feet shoulder width apart and with your weight distributed as evenly as possible through your legs and feet.



**2** Raise your right arm in front of you so that it is parallel to the ground and take your arm back as far as is comfortable.



**3** See how far you can turn your upper body; make a mental note of where the tips of your fingers are pointing, such as towards a mark on the wall.



**4** Lower your arm and keeping your feet in the same position turn back to face forwards again.



**5** Keep your head and neck straight so that you remain looking ahead, relax your shoulders and let your right arm swing by your side for a few moments keeping the range of movement small. Let your arms rest by your sides for three or four seconds.



**6** Repeat the arm movement but this time turn your neck and head slightly to the left while your right arm swings gently by your side. Then let your arm rest by your side once more.



**7** Keep your feet in the same position and go back to the beginning of this exercise to see how far you can take your arm behind you now. Note how near the original mark your fingers are. The majority of people find that their range of movement has vastly increased. Some even find it has almost doubled.

**NEXT ISSUE:** More advice on how to handle your dog on the lead.

# Be happy and healthy in 2016

Check out these healthy dog foods and treats for a great start to the new year.

## ROYAL CANIN® EDUC

EDUC is a healthy, low-calorie, and very palatable nutritional support for reward-based training. Most dogs respond well to this type of training but it can be difficult to find a reward that is tasty enough, nutritionally balanced, and convenient to use. Cheese, ham, or sausage are popular, but you could replace 20g of cheese with 33 EDUC treats, or 20g of ham with 54 EDUC treats — and keep your hands and pockets clean! With just three calories per treat, EDUC also contains reinforced levels of Vitamins E and C, which help support cellular function. For further information visit [www.royalcanin.co.uk](http://www.royalcanin.co.uk)



## VITALIN SENIOR/LITE

Vitalin Senior/Lite has been carefully formulated as a nutritionally complete and balanced recipe to help meet the needs of overweight dogs; it is also suitable for senior dogs. The hypo-allergenic and wheat gluten free food contains high-quality protein from 100 per cent British salmon with potatoes, with nutrient packed botanicals and joint supplements, such as burdock root which is a natural anti-inflammatory for joints. To deliver natural antioxidant properties, blueberries and rosemary have been incorporated, as well as prebiotics to support your dog's digestive system. For more information visit [www.vitalinpetfoods.co.uk](http://www.vitalinpetfoods.co.uk) or call 0844 800 3347.



## HILIFE CHEWS AND TREATS

Leading pet food brand HiLife has unveiled a new range of chews and treats including Special Care, Chews Day!, and Treat Me! products. Whether you want products that are wheat-gluten free, entirely natural, hand-prepared, free from colours, artificial flavours, and preservatives, or have a functional benefit like dental care, the new range offers something for every dog. Also returning by popular demand is Chews Day! Bag O'Bones, high-quality minced beef hide in a classic bone shape — delicious! On sale now at [www.hilifepet.co.uk](http://www.hilifepet.co.uk); Asda, Morrisons, Waitrose, Amazon, and Ocado.



## NATURES MENU RAW FOOD

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For more information visit [naturesmenu.co.uk](http://naturesmenu.co.uk)



## HILL'S PERFECT WEIGHT

What if there was an easy way to keep your dog healthy and happy, and ensure he was always full of energy and ready to enjoy life? Well, that's all within reach! Hill's has come up with a food that keeps pets at their perfect weight. Using completely natural ingredients like coconut oil and flaxseed, Perfect Weight is designed to increase the rate at which energy — and therefore calories — are used up. Once your dog reaches his perfect weight, just keep feeding as before and his body will adjust to keep at this ideal. Now that's perfect! For further information visit [www.hillspet.co.uk](http://www.hillspet.co.uk)

## BURNS WEIGHT CONTROL+

With canine obesity on the rise, vet John Burns developed Burns Weight Control+ to help dogs maintain a healthy weight. Voted Best Specialist Food in the Your Dog Magazine Product Awards for three years running, Weight Control+ contains oats which slowly release glucose, naturally maintaining blood sugar levels. It's high in soluble fibre, making dogs feel fuller for longer, and also maintains healthy skin, coat, and digestion.

Weight Control treats are the perfect accompaniment as an occasional, low-calorie reward. For further information visit [www.burnspet.co.uk](http://www.burnspet.co.uk)

or contact 0800 083 6696.





# "I sobbed with joy, pain, and relief"

## LOST & FOUND

When his canine confidante went missing, Bec Hine's autistic son went into meltdown. She tells Joanne Bednall how she coped.

**W**e all love Lola — she's a big part of our family," said Bec Hine, a 41-year-old mother of four, from near Great Dunmow in Essex.

"But when we got her as a four-month-old puppy two and a half years ago, she was far from easy.

"Lola took a long time to house-train and howled all night for the first two months. It was like having a new baby.

"And her recall was abysmal. Even armed with sausage and cheese, I would often return home in tears after Lola had picked up another scent and run off. I soon realised how stubborn a Beagle can be!

"But I always forgave her because she is so good with children, especially my eldest, 10-year-old Lucas, who's been diagnosed with ADHD, global developmental delay, and high-functioning autism. The latter means that his impairment is related to his emotions and impulse control; he can become over-anxious and worry very easily. Whenever Lucas has a meltdown, I cannot intervene — I have to let his behaviour run its course, which can take up to two hours. When he was a toddler, he stroked teddies as a calming mechanism so it was no surprise that he developed a strong bond with Lola.



Lucas with Lola and Weimaraner Phoebe.

"Therefore, when our headstrong Beagle disappeared on May 7, 2015, my first dilemma was how to tell Lucas. As anticipated, he took it very badly. His immediate reaction was: 'She's going to die, isn't she?' And he went into meltdown, there and then.

"The day Lola went missing had started normally. I thought I'd take her and Phoebe, our seven-month-old Weimaraner, on a new walk so I drove to Wake Valley Pond in Epping Forest. Once through the gates, I let both dogs off the lead and we had a lovely hour-long walk. But just as we returned to the car park, Lola suddenly picked up a scent and ran off blindly into the undergrowth.

### STILL NO SIGN

"My heart sank as I retraced my steps, desperately calling her name. Three hours later, there was still no sign of her and I needed to go and collect my children from nursery.

"Every day for the next fortnight, I arranged a babysitter so I could scour Epping Forest for Lola. I took treats, old socks, and even my sons' urine, which I hoped would tempt her back. I started a Facebook page, 'Have you found my hound?' and alerted DogLost. Area volunteer Shelagh Savage was on the

**"My heart sank as I retraced my steps, desperately calling her name."**

ground every day before sunrise, walking miles searching for Lola.

"There were several reported sightings. A farmer had been very hostile towards us and I worried that he might shoot Lola if she wandered on to his land. But then we received a tip-off that she'd been seen coming out of his farm, and I breathed a sigh of relief.

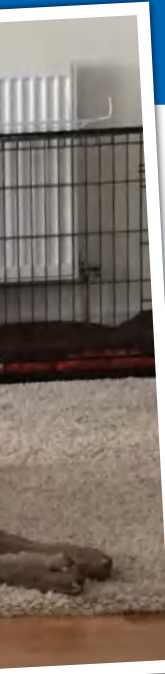
"Another sighting placed her several miles away, so Shelagh headed off in that direction. We'd had a few crank calls but luckily this wasn't another red herring and Shelagh rang to say that she'd stumbled across Lola sniffing in a field. With my heart racing, I jumped in the car and sped over.

"It was dumping it down with rain but eventually I found Shelagh and, quietly, we crept around the edge of a coppice until she gestured for me to sit down. As instructed, I'd brought a bag of slow-cooked pork — Lola's favourite.

"I could see my dog in the distance but we just sat motionless for two hours. When Lola started to wander off in the



”



opposite direction, Shelagh whispered: ‘Throw some of the pork as far as you can.’ I did as she requested, then we sat and waited some more, the rain pouring off us in bucketfuls.

“Suddenly, I had a clear view of Lola. I called her but she backed away. Shelagh threw some tripe in an arc and, with hunger getting the better of her, Lola ventured closer, until she was just 15 feet away.

“Soaked to the skin and lying flat on my tummy, I could now see how thin my Beagle was. She edged closer to within just two feet. Sheila gave me the nod and I lifted my face and said quietly: ‘Lola sweetheart’.

“Recognition kicked in and the filthy hound with the soft brown eyes went into submission mode. It was then that I cried like a baby.

“‘Hello beautiful,’ I sobbed, with joy, pain, and relief all rolled into one.

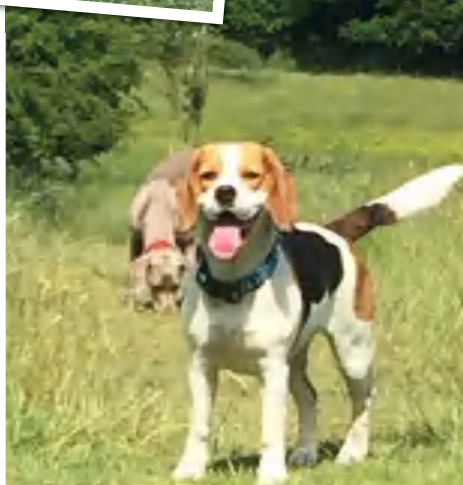
“Lola was skinny, covered in mud, and her front paws were lacerated and infected.

## REUNITED AT LAST

“After a trip to the vet’s, she was very subdued and slept solidly for three days, only getting up to eat, drink, and wee. She’s still not quite back to her old self yet.

“When Lucas was told that Lola had been found, he was very confused. He needed to see and touch her. Then he couldn’t put her down. She was over the moon to see him — it was pure delight.

“I am eternally grateful to so many people: DogLost’s Ron and Shelagh, who supported me emotionally and practically; school caretaker Steve, who printed flyers; and local off-duty policeman Damo, who went out looking for Lola at 5am. The local community bent over backwards to help a complete stranger with such selfless and heart-warming acts.”



Enjoying a walk with Phoebe.

## CATCH ME IF YOU CAN...

Shelagh Savage, DogLost’s area volunteer, East London, explained that catching a lost dog was not as straightforward as you might think.

“If it’s been less than 48 hours, the dog will still be in his ‘domestic state’ and likely to respond to his owner,” said Shelagh. “But after three days, his survival mode kicks in and any person becomes an enemy and he’ll run.

“That’s why it’s important not to chase a dog. You have to be quiet and show the dog you are not a threat.

“I never catch a dog, I always wait for him to come to me — curiosity will eventually get the better of him. I throw food in an arc — not at the dog — as anything in a straight line is threatening.

“Don’t look at or speak to the dog until he is taking food out of your hand and is relaxed.

“And never let anyone bring their own dog when you are searching for yours — it will traumatise him further.

“Lola was ready to surrender. She was tired, cold, dehydrated, hungry, and in pain from the injury to her paws. I don’t think she’d have survived another 48 hours.”

If your dog has gone missing, register his details for free at [www.doglost.co.uk](http://www.doglost.co.uk)

Have you been reunited with a beloved pet who was stolen or went missing? Did his disappearance have a huge impact on your life? Email your story to [editorial@yourdog.co.uk](mailto:editorial@yourdog.co.uk)



# Building a bond

That special relationship with your dog can be enhanced by training. We meet three owners whose bonds with their pets have reached new heights.

**W**ithin a matter of days, Jane Bawtree's Cocker Spaniel, Bentley, changed from being a typical pup to snapping and growling.

"My children wanted to know what I'd done to him!" recalled Jane, from Chelmsford, Essex.

When Jane, husband Chris, and children Max and Alex, moved to a new house it seemed to 'need' a dog. Her doctors had also told her that

getting a dog would be a good way to improve her fitness.

So Jane did her research and decided that a spaniel would be the ideal dog for her family. "A spaniel seemed the right fit in terms of size, temperament, and activity levels," she explained. "I found a breeder and spent many hours speaking to her — she interviewed me! — and then we got Bentley."

Bentley, now three years



Jane wouldn't be without Bentley now.

old, is described by Jane as loyal, loving, and smart.

"Although he has no issues with fireworks or loud noises, or with being left for short periods, he can be prone to anxiety and fear in new situations and around unknown people," explained Jane. "He's either chilled out or hyper — there's no middle ground!"

When Bentley first came home he was very quiet but within no time he was bouncing around the garden and hanging off the bottom of Jane's trouser legs.

When he was 10 weeks old Jane took him to puppy training classes.

"Bentley was overwhelmed and hid beneath a table in the corner," recalled Jane. "The instructor was very loud and spent a lot of time reprimanding the owners. There was also an emphasis on the use of choke collars.

"Having never owned a dog or been to a class before, I assumed this was normal. At the end of the class, the instructor pulled Bentley out from under the table and when he growled at her, she 'scruffed' him. She said she could tell he'd been utterly spoiled and that I needed to show him who was boss!"

"I was encouraged to buy a choke collar and then Bentley was made to walk to heel by pulling on his collar. I was overwhelmed by the whole experience but assumed that this was what I ought to be doing."

But within days Bentley's behaviour had begun to change. "He became quite aggressive and growly," said Jane. "Eventually, I rang the breeder and told her that I couldn't cope. I said: 'I think I have made a mistake'. She was horrified and told me I needed to find a positive



Jane spent time asking people to feed Bentley treats to build his confidence around strangers.

trainer as soon as possible."

Jane found trainer Tony Cruse's details on the internet and ran them past her breeder. "She said it seemed the right way to go. When Tony came to see Bentley for a one-to-one session, Bentley hid at the back of his puppy playpen and cowered in fear.

"Tony said this wasn't normal behaviour but he reassured me that I could do something about it.

"Tony persevered, taking things slowly, and, eventually, after 40 minutes, Bentley took some food from him."

Tony came back for another one-to-one; Jane followed his advice and spent a couple of weeks outside a local DIY store asking people to feed Bentley to build his confidence around strangers. Then she signed up to attend Tony's puppy classes. "It was a completely different experience, so positive. We carried on making progress and I went from despairing to enjoying having Bentley around.

"He is a work in progress and we still call on Tony whenever we have an issue, but compared to how he could have turned out...

"I wish I'd listened to my

instincts at the beginning and walked straight out of that initial training session. I also wish I'd enjoyed Bentley more as a puppy instead of being so anxious around him, which I'm sure fed some of his anxiety.

"But now I am the complete opposite — the family tease me that I love the dog more than anyone else. At least when your children grow up and reach that grunting, teenage phase, your dog is still pleased to see you!"

#### Tony commented:

"Bentley was three months old when I first met him and he cowered in the corner of his crate. This fear reaction was possibly the result of his rough treatment at the previous puppy training class. Fear sticks and is very tricky to undo.

"Jane and I spent many months making previously scary situations positive experiences, to the point where I renamed him 'Bomb-proof' Bentley. Very few situations now scare him. It could have been an entirely different story but Jane has worked very hard and their bond is strong as a result."



It took time for Tony to win Bentley's trust.



Tony describes the bond between these two as one of the best he's ever seen.

## A never-ending friendship

Carol Lancaster is the first to admit that her seven-year-old Siberian Husky rescue has been hard work.

"She was 100 per cent scatty. She dragged me round the park — I lost count of the number of times I was pulled over and ended up face down in the mud; she had accidents in the house (she'd never been in a house); and her hunting instinct was very, very strong."

Sasha was picked for Carol by her son, who spotted her

on a website for Wagtails Rescue in Essex. Carol's husband Joe, a retired metropolitan police dog handler, was terminally ill and told his son his mum would need a dog to look after.

When Carol, from Chelmsford, Essex, went along

to see Sasha she discovered that the Husky had been bought on a whim and her longest walk had lasted approximately 12 minutes.

"Had I not taken her, she was due to go into kennels and that would have crucified her," Carol recalled. There

was no way Carol was leaving Sasha behind. But taking on this vocal, sociable dog wasn't going to be straightforward, even though Carol had always owned dogs.

"She hadn't been trained and had no house-training. I used to sleep on the settee ▶





**A Husky with a recall!**



**Some of Sasha's behaviour proved a challenge but the hard work's paid off.**

and get up every two hours to take her out into the garden.

"Joe gave me tips and I walked her on a long training line, but she still dragged me around. I'd never had problems like this with a dog before; it was my biggest challenge.

"On one occasion I was walking with friends and their dogs near Hylands House, a Grade II listed property near Chelmsford, when an elderly couple called Sasha over for a fuss. When they went into Hylands House she followed them, and although I ran after her, she didn't come back. I was mortified.

"Eventually a young man brought her out, followed by the lady in charge, who was

not amused and complained that she'd 'chased her all round the house'. I apologised but was relieved there hadn't been a wedding on that day!"

Despite the challenges, Carol remained committed to her dog. "I would never, ever have given her back. It's been extremely hard work but so rewarding when you see how she is now."

A meeting in the park with trainer Tony cemented what was already a strong partnership. "I didn't know Tony was the trainer, although I'd already seen his advert and was planning to take Sasha to training, but he saw me being dragged across the park on several occasions," recalled Carol. "We talked and he

told me who he was. I bet he thought: 'That's a challenge.'"

Training sessions with Tony proved to be a breakthrough. "Tony has worked wonders. He has given me confidence with Sasha; her lead walking is good and she doesn't drag me around any more. Huskies are renowned for not coming back to their owners, but Sasha has a good recall (although Carol is careful where she lets her off the lead), and it's all thanks to Tony."

Joe died three years ago and Carol found having Sasha helped her to cope. "Grief is very hard but when you have someone to look after it gives you an incentive to carry on.

"Since my husband passed away, Sasha has become my best friend; she listens, sometimes answers back, she howls, but most of all she makes me smile and I love every hair of her. She is my lifeline."

**"It's been extremely hard work but so rewarding when you see how she is now."**

**Tony commented:**

"Sasha's breed can be difficult to train because Huskies often have an independent character. I knew we had a challenge when I first demonstrated how to walk Sasha on a loose lead and she dashed to the end and snapped the collar link!

"However, through diligent training and positive methods, Sasha has proved many breed manuals wrong. Her recall compares with plenty of other dogs, she walks on a relatively loose lead, and she is exceptionally attentive to Carol. Sasha and Carol now have one of the best owner/pet relationships I have seen in my entire career. It is truly a joy to see them together."



**Making friends in the park.**



# Well worth the challenge

**D**ebbie Hayden, from Little Baddow, Essex, has no doubts about the benefits of positive training, for both dog and owner.

Two-year-old Cockerpoo, Poppy, is Debbie's first dog. "Poppy and I have always enjoyed a really good bond but it has been enhanced by the training we've had," she explained.

Debbie and her husband had always wanted a dog but agreed they should wait until they had enough time to give a pet their full commitment.

Sadly it wasn't until Debbie was widowed that she was able to give a dog her full attention and she was drawn to Cockerpoos because of their fun and loving nature.

"How could you not fall in love with one?" she explained. "Poppy is a real fun-loving character, very sociable, who adores being with people and other dogs. She will put up with being on her own for a little while but doesn't

like it too much, so I'm not sure I would recommend a Cockerpoo to somebody who hasn't got much spare time."

Poppy settled into her new home well and was quickly house-trained, but it hasn't all been plain sailing.

"Her behaviour has been challenging in some respects and, being my first dog, I could only be guided by what my friends and other dog owners told me. I read a couple of books, but still wasn't sure quite what to expect."

Among the issues Debbie had to deal with was Poppy's overexcited behaviour, including barking and 'going crazy' on seeing other people or dogs at the park.

"After a while I felt there were some things — including good socialisation and manners — that we needed to work on while she was still young. Tony is a very well-known, respected, and recommended trainer, and my gut instinct told me he was right for us. Poppy loves his classes. He always focuses on the positive and never makes the dog owner feel that they have failed. As a result I come away from a class feeling positive and confident."

The overexcited barking has improved considerably under Tony's guidance.



Who could resist a Cockerpoo?

**"Poppy is a real fun-loving character, very sociable, who adores being with people and other dogs."**

"She hasn't stopped doing it altogether — well, she is a Cockerpoo and they're a bit mad — but she calms down much quicker now and it doesn't last half as long," explained Debbie. "One of the nice things about Tony is that he never tries to take away the personality of a dog. Like humans, they are all individuals and have their strengths and weaknesses."

Debbie has also been tackling the overexcited greeting behaviour with a friend she meets regularly. They both leave their dogs in the car, greet each other, and

then take the dogs out once they have calmed down a little. Then they start off parallel walking and gradually move the dogs closer together until they can greet each other calmly.

But with all its challenges, dog ownership is definitely something Debbie would recommend.

"Poppy is one of the best decisions I have ever made," she confided. "She's so loving, loyal, and a fantastic companion, and with good training, she has grown up to be a well-socialised and well-behaved dog."



Debbie has learned that play is a useful outlet for Poppy's enthusiasm.

## Tony commented:

"Debbie approached me when she first got Poppy as a three-month-old puppy. Poppy was Debbie's first dog, and she soon realised that despite all the literature available, nothing prepares you for a mischievous puppy. Once Debbie understood that Poppy's 'naughty' behaviour was normal, she started to work on training the behaviours that she wanted.

"Debbie was taught very early on about the power of engaging with Poppy using play. The games helped Poppy release her enthusiasm and have fun doing something positive. Poppy still maintains her spirit but is now far less impulsive. Debbie has worked hard and still enjoys attending weekly classes, which strengthen their bond even further."



# Dog Answers

## Training & Behaviour

## EXTRA

### THE YOUR DOG EXPERTS



Claire Arrowsmith BSc, MSc, CCAB, is a member of the Association of Pet Behaviour Counsellors.



Steve Goward is deputy head of canine behaviour and training at Dogs Trust.



Tony Cruse is a member of the Association of Pet Dog Trainers and the Institute of Modern Dog Trainers.

### BEHAVIOUR

## Anxious about other dogs



Some dogs never feel confident about approaching others.

**Q** I have an issue with my Miniature Schnauzer, who's two years old. For as long as I can remember he's always barked when he sees other dogs (not aggressively) but once he gets to them, he stops. How can I make myself the pack

leader as I'm guessing he thinks he is at the moment?

*Amanda Stuart, on Facebook.*

**A Tony says:** It is not about being pack leader. There is some doubt that dogs form fixed packs and, even if they did, would they consider

### DID YOU KNOW?

The pack and dominance theories about domestic dogs became popular in the late 1960s following research into wolves. They are now considered outdated and potentially harmful by many trainers and behaviourists.

a two-legged species as part of their pack?

Far from being in charge, it sounds like your dog is uncertain about how to approach another dog. Did he ever learn?

When he barks, do not shout at him or speak to him; gently and quietly guide him away from what he is barking at. A long-term method

is to keep your distance and as soon as he spots another dog, but before he barks, feed him (chicken/sliced hot dog). Let the other dog go past and then stop giving the food.

On each occasion, if he sees another dog he gets food, so eventually he will look to you for a tasty treat. You then get focus; he feels good and not as anxious. The barking should then become less intense. Other dogs mean snack time, not things to bark at.

### TRAINING

## Non-existent recall!

**Q** My terrier-cross (Jack Russell X Border) has no recall at all. She was a stray. She responds to her name sometimes, but once out of the house we are in trouble. Any advice on working on this? We have a recall line and we treat her when she comes back, but unless she wants to, she just won't, no matter how tasty the treat.

*Sarah Hammond, on Facebook.*

**A Tony says:** The long line should prevent her from disappearing too far; however, it may be that the attractions of the park are trumping your treats. Perhaps start off calling her to you in

your back garden, where there are few distractions. Using a whistle to recall can be successful.

Pip your whistle once and find her mouth with a treat (don't wait for her to come to you, initially). Repeat this pairing of whistle/food for two days. On the third day, pop the long line on, pip your whistle, and allow her to come to you. Praise and treat her when she does.

Once you have this working in the garden, move to the park when it is quiet and, keeping



Achieving a reliable recall takes lots of practice.

her on the long line, repeat. You can now use three pips of the whistle. Keep her on the long line while she is learning to return to the whistle.

### GOT A PROBLEM? WE CAN SOLVE IT!

If you have a query about your dog, drop us a line and we'll get one of our resident experts to come up with some solutions. Email your problems, with a photo if it's relevant, to: [editorial@yourdog.co.uk](mailto:editorial@yourdog.co.uk)

Alternatively, post your letter, with an SAE, to: **Dog Answers Extra, Your Dog Magazine, 1-6 Buckminster Yard, Main Street, Buckminster, Grantham, Lincolnshire NG33 5SB.**

You can also post your question on Facebook [www.facebook.com/yourdogmagazine](http://www.facebook.com/yourdogmagazine) and on the Your Dog Forum [www.yourpetforums.co.uk](http://www.yourpetforums.co.uk)

# TRAINING

## Which collar would you suggest for a 17-week-old Labrador puppy?

**A Steve says:** When training dogs, whether they're puppies or adults, I generally use a flat collar or a harness. Any equipment should be introduced to a puppy gradually while using positive reinforcement to increase desirable behaviours, and confidence and

trust. While there's a lot of equipment available for our dogs, to train them to walk well on the lead and thrive, there is no substitute for consistent, positive training. For further help and to socialise your puppy in a controlled and safe manner, training classes could be the answer.

*Victoria Mitchell Batey, on Facebook.*



# BEHAVIOUR

## I don't trust them!

**Q** I have a 15-month-old Bichon, Bella, and a nine-month-old Labrador, called Frank.

A couple of months ago we started leaving them both out of their crates during the night. Everything went well until they ate the sofa cushions and a rug. Now I've completely lost trust in them and they spend more time in their crates, which I don't like.

Frank is good in his but Bella can only cope with being in hers during the night, until half an hour before we get up. She also barks if we try to leave her in her crate while we go to work.

I have bought many Kongs and boredom-breaker toys but when she's in her crate, she ignores them. Her barking is driving me mad and no doubt my neighbours too. Is there anything I can do to relieve her frustration while I'm learning to trust them again?

*Amanda Zbinden, email address.*

**A Claire says:** From previous communication with you I know that Bella has a general anxiety problem and is very sensitive to noises. Feeling worried and fearful will reduce her ability to manage when you leave her.

Do you know which dog caused the

damage? A nine-month-old Labrador would be my bet since he is at a stage where chewing is high priority. Restricting his contact with the furniture is essential until he comes through this stage. This might be done by putting him in the crate but perhaps there is another location where they both could sleep where access to your soft furnishings is not possible. If Bella is not the chewing culprit then there is no reason why she should be shut inside her crate overnight. If she is chewing, from the behaviour you describe I would

If your dog trashes the furniture when you're out, try to move him to another location.



### DID YOU KNOW?

Many dogs don't show obvious signs of distress when left alone but have raised levels of cortisol — a stress fighting hormone.

say she is anxious and this will reduce her inclination to focus on play items. You must address her fears for this to be overcome.

Calming products such as the Adaptil pheromone range might help to take the edge off her reactions, but a full behaviour programme to tackle her other worries is going to be necessary.

Talk to your vet to arrange a full assessment for Bella. Your young Lab should continue to be left with plenty of play items as there is nothing to suggest that his behaviour is anxiety driven.



Looking for kind, fair and effective dog training?

The APDT, UK will have a member who can help...

[www.apdt.co.uk](http://www.apdt.co.uk)





**TRAINING**

## Try some boredom-busting training!



A good chew on a suitable toy can keep your dog's mind off other, less desirable behaviours.

**Q** We took on a nine-year-old Cocker Spaniel last Christmas. He's settled in well after a few health issues that put his training back by nine weeks. I'd like to know how to stop him continually barking at my other dog; he's not being reactive, just trying to play. This also happens if we sit outside a pub/cafe.

*Sue Billingham, on Facebook.*

**A Tony says:** If your dog is in good health now you need to address his exercise and stimulation levels.

A dog with little else to do can find barking a full-time role! Some good-quality off-lead running and nosework (hunt the toy/treat) can make him less likely to react in this way.

Once you have focused on his health,

exercise, and stimulation, you can give him something else to do instead of barking. A stuffed Kong or a chew will allow him to chomp and lick instead of barking. Present the Kong to him, preferably before he normally starts barking. Perhaps give both dogs a Kong each when they are in the same room or when you are all enjoying a pub/cafe visit.

**BEHAVIOUR**

## My Newfie is lead aggressive. Once the lead is off, she ignores other dogs. Help!

*June Colson, on Facebook.*

**A Tony says:** A dog usually becomes aggressive to move something scary away. Remember that most aggression is fear-related, and lead aggression is often brought on by fear of being trapped on the lead or the frustration of being contained. It can manifest as lunging, barking, and sometimes lashing out and biting the nearest thing.

When your Newfie is on lead, try to keep her away from other dogs, and keep the lead slack. A tight lead predicts tension and stress, and it can trigger the unwanted aggression.

Feed her a treat (a small piece of chicken) the second she sees another dog. This is classical conditioning; scary things soon start predicting snacks and you get a dog who focuses on you.



Most aggression — and particularly on the lead — is fuelled by fear.



Tension between dogs may be caused by access to resources.

#### BEHAVIOUR

## She picks a fight

**Q** I have three Border Terriers, one of whom has started fighting with the other two. She fights particularly with her mum, but will occasionally go for her dad, too. Sometimes it appears to be protective behaviour, if she's sitting on my lap or there's food about, but other times the fights break out for no apparent reason. Can you shed any light on why she may be behaving so aggressively?

*Amber Wagstaffe, on Facebook.*

**A** **Claire says:** Competition can create tension between dogs and in this case it appears as though your youngest dog perceives her parents as a challenge to the resources she finds important. You haven't said how old she is, or what her social behaviour is like otherwise. It is common for issues like this to start when the puppy moves through adolescence towards maturity. Sometimes it is specifically linked to her hormonal changes.

It is important not to let the fights continue or escalate as each time this occurs it makes it more likely that the fights will continue. You should take her to your vet to rule out anything that could be making her feel irritable and to look for patterns linked with her hormones.

If she is deemed healthy then you can look at increasing her training levels to give you more control and your dog a better level of self-control. Learning to read canine communication signals will be important as if you can recognise the early signs of tension, then you can intervene before the dogs resort to aggression. Managing the types of interaction you allow between you and the dogs will probably be necessary; learning to wait patiently for attention and to settle while others have fuss is an important life lesson.

#### TRAINING

## Crazy about visitors

**Q** We have a seven-month-old Shar Pei X Staffie, who we've had since he was four-and-a-half weeks old.

He gets really overexcited when people come to visit. He goes crazy — jumping up, licking, and even mouthing people's hands. We have tried shutting him outside or in a different room but he is still just as crazy. We have also tried ignoring him but he still jumps up.

He also loves jumping on the sofa over and over again, all over people, and nearly knocking hot drinks and wine out of their hands.

*Emily Hart, on Facebook.*

**A** **Steve says:** The first thing I'd ask is how you acquired him at four-and-a-half weeks? At this age he will have missed out on some really important learning from his mum and littermates. The generally accepted age for rehoming a puppy is eight weeks as this gives the puppies the opportunity to socialise with mum still present, and learn valuable lessons in play and bite inhibition.

Your dog's reaction to visitors to the house is not uncommon in young dogs, especially if this behaviour has been rewarded in the past. Often people will encourage very young pups to jump up and reward them with a game or affection.

Consistency is essential to help your young boy learn what is acceptable. To undo his previous learning you will need to keep him on a lead initially when visitors come in.

Reward his good behaviour with affection and/or treats to start him down a new road that teaches him that visitors are a good thing but there are some rules attached. Ignoring him or shutting him away is likely to lead

to frustration and this is where alternative behaviours will often present themselves, like barking or mouthing.

Other things to consider are training classes to help his self-control in various situations, and ensuring he is appropriately exercised and mentally stimulated with positive training sessions on a regular basis.

Aim to teach your dog that calm behaviour pays off when visitors call.







Dog heaven!

BEHAVIOUR

## Touchy terrier

**Q** I have a four-year-old female Jack Russell X Yorkie who has become aggressive in certain situations; she seems very anxious. She used to let me brush her teeth, bathe her, or do anything to her, but now she growls a lot and won't even let me change her collar. She has even bitten me a few times. Could it be down to the long, cold winter and a lack of exercise?

Barb Rohr, on Facebook.

**A** **Claire says:** If your dog was once very comfortable with being handled then this change is definitely something to feel concerned about. If your vet has not assessed her, then please get her in for a full check-up; discomfort or disease are the most common reasons for a dog not wanting to be touched.

Historical problems can also cause a learned defensive reaction; for example an ear infection that has long since cleared up might have a lasting impact on the dog's desire to be touched.

If your dog's normal routine has changed significantly over the winter then you might find that she has become frustrated and this has lowered her capacity to cope with handling. Try to increase her mental stimulation by teaching her tricks and new games indoors to see if she appears any more satisfied.

At this stage though, a vet check and possibly a behavioural consultation would be advisable since she is biting you and this needs to be addressed urgently.

DID YOU KNOW?

Growling is a warning and dogs who are punished for growling or other aggression warning signals may progress faster towards a bite. They may also display fewer warning signs.



Growling is a warning.

BEHAVIOUR

**Whenever we come across an animal carcass on our walks, my dog feels the need to roll around in it. What is this behaviour all about?**

Steve Damm, on Facebook.

**A** **Steve says:** The two most common reasons for this behaviour seem to be: to mask the dog's own scent when out hunting, and to share info when returning to family members.

Either way it's a less than popular trait in our beloved pets who live in our homes. Studies at the Wolf Park, Indiana showed that captive wolves would roll on novel scents and not always the stinkiest smells that were put out for them.

It may be very difficult to completely eradicate this behaviour. Good recall and an awareness of the potential locations of items to roll in, are all we really have to limit the behaviour. There are still some organisations that suggest using aversive techniques in an attempt to stop this behavior, but as with all punitive-based training you run the risk of creating fear and anxiety, and at best just suppressing behaviour that usually ends up coming back even stronger.

WHAT DO YOU THINK?

**f** We asked our Facebook fans what was the worst thing their dogs had rolled in. **Tracy Hudson said:** "A dead and decaying pet cat. No shampoo worked on removing the smell so he was shaved!" **Emma Rees-Taylor said:** "My Cocker's worst was human poo or crawling inside the carcass of a deer. I am a dog walker and have to deal with poo rolling — ketchup is great. It neutralises the smell and lifts it off the coat but don't use it on white dogs — I dyed one pink once!" **Nicole Fletcher said:** "Lucy has rolled in a dead fish. Now, at the age of eight, she has discovered fox poo. She gets a good scrub in the bath. I just use normal shampoo as she doesn't get too covered and the smell goes quickly."

BEHAVIOUR

# Cut the bark



Some dogs are more vocal than others.

**Q** We have a one-year-old Shih Tzu who barks at people when we walk him and also barks when we eat. We have tried squirting a water spray above his head and this sometimes works.

Also he starts fights with our other three-year-old Shih Tzu. It can be over food or because our three-year-old is near me, and it's scary at times.

*Emma Hunter, on Facebook.*

**A** **Claire says:** Some dogs are naturally more vocal than others but it is important to observe and decide what the motivation for the barking is. Is he barking because he is excited, or is he barking because he is wary and telling people to stay away? There may be different reasons for barking in different scenarios.

Consider your own reactions; has your dog ever been fed while you eat, or been given attention for barking? If so then he is probably trying to make that happen again.

I would advise that you stop using the water spray as you risk creating more agitation and stress. Teach your dog to go and lie on his bed with

**Spraying your dog in an attempt to stop unwanted behaviour may just add to the stress.**



a tasty chew or toy while you eat. Giving him something to do is very important; he's a young dog and he needs your guidance.

He is maturing, physically and socially, and this can lead to tension between household dogs. It sounds like this is over resources and so you will have to manage the dogs carefully in risky situations.

Both dogs should be taught to wait quietly while you pet the other. You will have to do this carefully and by offering praise and rewards while the dogs remain calm. It will be safest to get another person to help you initially.

Seeking an assessment from a behaviourist is the best way to address these cases and although it is common to wait until the situation is bad, the best prognosis comes with getting help early. Your vet will be able to help with this. Then decisions can be made about a training regime, routine, and even whether to neuter.

TRAINING

# Ring my bell

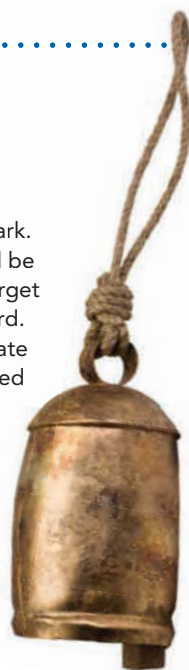
**Q** My dog has got elbow dysplasia. My vet has said that he should no longer be allowed to run up and down my stairs, so I've put a baby gate at the bottom and at top of the stairs. You can't see the gate at the top of the stairs, which means I can't tell if he wants to come down (I have to carry him down). I'd like to teach him to bark to let me know. How do I teach him to do this?

*Mette Pedersen, email address.*

**A** **Tony says:** I would be reluctant to teach a dog to bark. You may find that he starts barking for other things he desires, such as a sandwich you are eating or to play when you are watching television. It may be better to address your set up and routine

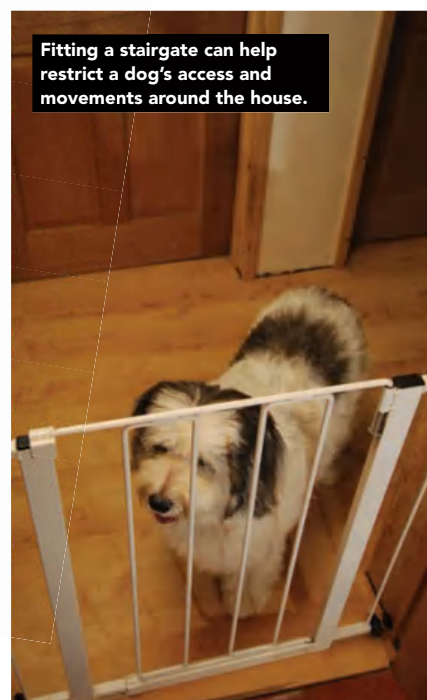
instead of teaching a bark.

An alternative would be to teach your dog to target a small cowbell on a cord. This is a more appropriate behaviour and it is limited to the location. Stand the other side of the gate with the bell hanging. Call him and he will probably knock the bell accidentally; you then open the gate. Every time this occurs, your dog will make an association between making the bell ring and you appearing to carry him down.



Teach your dog to ring a bell.

**Fitting a stairgate can help restrict a dog's access and movements around the house.**





# Dog Answers

Health

EXTRA

## THE YOUR DOG EXPERTS



Roberta Baxter MA, Vet MB, MRCVS, qualified from Cambridge University Vet School in 1993.



Holly Mash BVSc, MRCVS, specialises in herbal medicine, acupuncture, and nutrition.

### DID YOU KNOW?

Eighty per cent of veterinary professionals have reported seeing an increase in levels of pet obesity in the last two years.



Watching your dog's weight is important if he has problems with his anal glands.

## Getting to the bottom of a smelly problem

**Q** We have an 18-month-old Pug. She is adorable, but she has a problem with her anal glands. It's ongoing; without warning they will burst and the secretion has an unpleasant odour, which is often left on our clothes.

We have tried changing her diet, but this has had no effect; she has been spayed. Is this a common problem with Pugs and will she always have it?

*Mrs Stancliffe, email address.*

**A** **Roberta says:** Anal gland problems can usually be resolved by

ensuring that any infections are treated — has your Pug had swabs done to check for infection? — and increasing fibre levels in the diet (by changing the food, or adding a little bran) to aid natural emptying of the anal sacs.

In addition, regular emptying by your groomer or vet is sometimes necessary.

Weight loss is advisable if your Pug is overweight as fat can prevent normal emptying of the anal sacs during defecation. In some cases with ongoing problems, surgical removal of the scent sacs is a last resort.

## Down in the mouth Lab

**Q** My 12-year-old chocolate Labrador has gingivitis and I have been told by my vet that it cannot be cured but she is in no pain. He gave her a course of antibiotics. I read about homeopathic treatments and have got some pulsatilla 15c tablets, which soothe the gums.

My Lab is very healthy and seems to take no notice of her mouth; she eats, walks, and plays. Can I keep giving her this treatment?

*Mrs T.J. Creamer, Norfolk.*

**A** **Holly says:** Gingivitis is inflammation of the gums and is usually related to dental problems. Does your dog need any problematic teeth removing?

Also, it's never too late to try tooth brushing; you can ask your vet about whether this would be appropriate for your dog and he can show you how to do it. Dorwest Herbs does a nice toothpaste, containing sage oil, and there is a powder called PlaqueOff, which is added

to the dog's food, that is based on seaweed and may help to keep your dog's mouth healthy.

Diet is vital in maintaining oral health and keeping plaque and tartar under control. Have you considered using carrot sticks or Dentastix regularly?

Pulsatilla is a homeopathic remedy with many uses but it is not specific for preventing gingivitis. There is another remedy called fragaria, which is more commonly used to help reduce plaque.

### DID YOU KNOW?

Studies show over 80 per cent of dogs suffer a stage of gum disease before they are three years old.



Carrots can be good for oral health.

# Food makes him sick

**Q** I have a three-year-old Jack Russell. After he has eaten his food he whines and whimpers, then vomits. Usually he then eats his vomit and he's fine. I've tried anti-gulping dishes and I'm now down to hand-feeding him. This has to be done very slowly to prevent him vomiting.

*Denise Chaplow, on Facebook.*

**A** **Roberta says:** Some dogs have quite small stomachs and can't cope when they are full. Your dog may be experiencing pain as his food swells after eating, and then vomiting as the stomach becomes over-full.

As well as slowing his feeding, maybe you should split his food into several (say four) small meals daily. Feeding a mostly wet food, or

moistening kibble, may reduce swelling in the stomach and avoid him becoming over-full. There are also medicines that can be used to aid digestion, and to prevent inflammation of the stomach wall.

If the problem does not resolve rapidly then get your dog checked out to ensure that there is no underlying problem, and to determine the most effective treatment.

## USEFUL PRODUCTS



The Gobblenot is a ceramic bowl containing raised knobbles which slow the dog down while he is eating; priced at £22. For further details visit [www.gobblenot.com](http://www.gobblenot.com) or call 01442 865408.



The Green Slow Dog Feeder from the Company of Animals turns your dog's meal into a challenging and time-consuming game. Available in two sizes, priced from £19.99 (RRP). Find out more at [www.companyofanimals.co.uk](http://www.companyofanimals.co.uk) or call 01932 566696.

### TOP TIP

Check the label of your dog food which should tell you how much to feed your dog, based on his size.



Some dogs have relatively small stomachs and so it is easy to overfeed them.

## My dog has really bad flatulence and it smells. Is there anything I can give him?

*Maggie Warnett, on Facebook.*

**A** **Roberta says:** Flatulence is a common problem and sometimes you just have to live with it! However, in some dogs it relates to disease in the bowels, and this can be associated with diarrhoea. Sometimes it is due to worms, so worm your dog if he is not up to date with worming treatments.

It is worth checking that your dog's poos are firm, and if there is any problem with

the poos then a trip to the vet's with a sample might be a good idea. Your vet can send it off to be examined for bacteria and parasites.

That said, flatulence may relate to diet, and feeding your dog on a low-allergy, good-quality food might help matters, so that is something to consider. Also, feeding a charcoal biscuit once or twice a day can help, so it might be a good idea to get some charcoal treats.



## How can I help my breathless spaniel?

### DID YOU KNOW?

Laryngeal paralysis most often affects large breed dogs, such as Labradors and Golden Retrievers, but it can affect any dog of any breed or size.

### DID YOU KNOW?

When a dog inhales, the larynx opens to allow air into the lungs and trachea, but closes between breaths to prevent food and water going into the trachea and lungs.

Breathlessness during exercise needs to be checked out by your vet.

**Q** My Springer Spaniel, now aged 11, has laryngeal paralysis. We have moved his bowls higher up to help, but he struggles out on walks and if he plays or exerts himself around the house. Is there anything we can do to help him other than opting for surgery, which would be a last resort due to possible problems occurring afterwards.

*Julie Morrish, on Facebook.*

**A** **Roberta says:** Laryngeal paralysis is where the larynx in the neck fails to open wide during breathing, and fails to close off the lungs effectively during swallowing. The consequence can be that dogs experience a partial obstruction to their breathing, resulting in a whistly breathing noise (associated with the laryngeal cartilages vibrating in the airway), and symptoms such as breathlessness, weakness, and tiredness on exercise, and more sleeping.

Surgical treatment involves tying the larynx open, but the problem is that it is difficult surgery and it is not without risks. There is no effective medical therapy, but achieving a lean bodyweight can be helpful, and in some cases anti-inflammatory medicines, or medicines to aid breathing can be used to maximise respiratory health and reduce the impact of having laryngeal paralysis.

## He has nasty allergies

**Q** My dog gets a nasty allergy when he lies on the grass, even for a short time. The vet gave him steroid tablets; can I use a human steroid cream to help him?

*Alison King, on Facebook.*

**A** **Roberta says:** Allergic disease that follows contact with grass can be helped by

rinsing pets down after trips outside. Antihistamines can be helpful in the treatment of allergies, and human antihistamines are commonly used in dogs; ask your vet to advise you further.

Allergy testing can allow identification of pollen allergies and hyposensitisation treatments will build up the pet's resistance to allergies.

If steroids are also needed, then sprays or creams can be as effective as oral treatment and can prevent the side effects sometimes seen with oral treatment. Pet steroid creams and sprays are available from your vet.

In the UK, it is illegal to use human products on pets unless a pet version of a medicine does not exist.

Some dogs are allergic to grass.

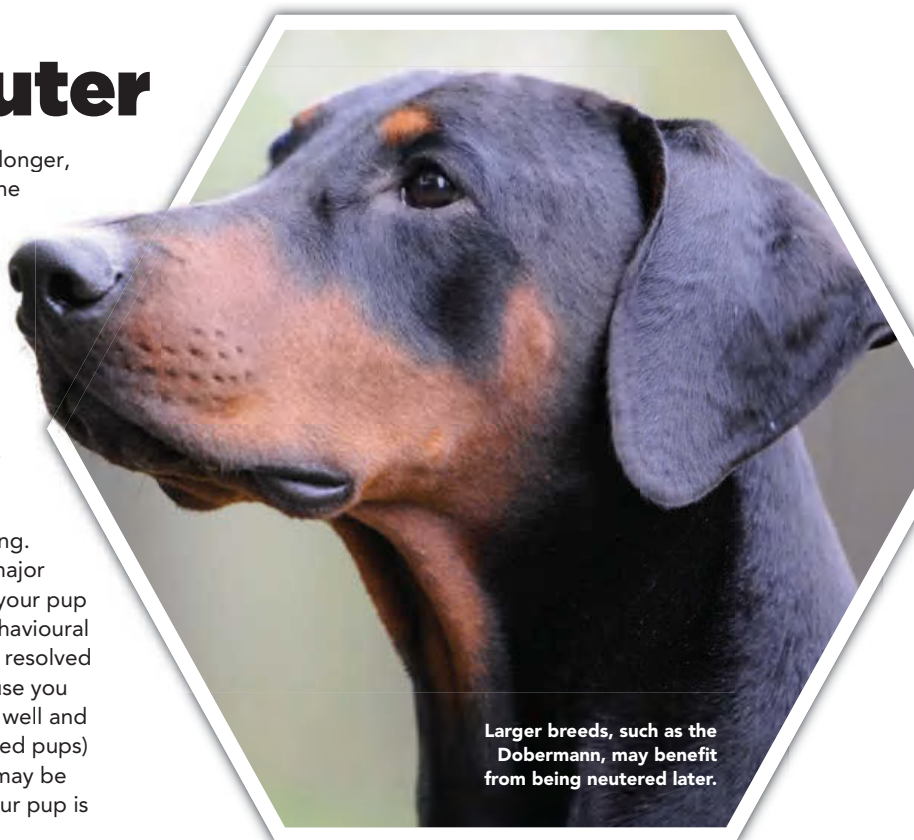
# Best age to neuter

**Q** I have an eight-month-old Dobermann. I'm wondering when I should neuter him? I've been told I should wait until he is about 18 months to two years old so he can grow properly. I have no intentions of breeding with him but I do want him to grow properly. He was a parvo pup and I feel it stunted his growth; he's only 50lb. He's not skinny, just small.

*Trista Chapman, on Facebook.*

**A Roberta says:** In our practice we routinely neuter male pups at around six to nine months of age, but it can be a good idea to wait until they are a bit older. Pups from large breeds tend to broaden out

more if left entire for longer, and there may be some benefits to their development in doing this. Owners are often keen to neuter earlier due to the perceived benefits in terms of behaviour, but any behavioural problems at your pup's age can usually be ironed out fairly easily with training. So, unless there is a major reason for castrating your pup earlier (such as for behavioural reasons that have not resolved with training or because you have a female dog as well and want to avoid unwanted pups) I would agree that it may be worth waiting until your pup is 12 to 18 months old.



Larger breeds, such as the Dobermann, may benefit from being neutered later.

**Is there any treatment for mange? We are told it is the result of a weak immune system.**

*Sandra Moody, on Facebook.*

**A Roberta says:** There are several different kinds of mange, and they require different treatments. Demodectic mange is the most likely to be associated with a weakened immune system, and can reoccur. Treatment may involve medicated baths, tablets, or spot-on treatments. By contrast sarcoptic and other sorts of mange generally do best with different spot-on treatments.

I'd suggest that you have a chat with your vet about the type of mange that was detected as this diagnosis will enable you to choose the most effective treatment.



Skin problems can require regular vet visits.

## Solving a skin problem

**Q** My nine-year-old Labrador was diagnosed with eczema. After a wash, a cream, and a steroid injection she's still as bad. I'm at my wits' end — help!

*Eileen Bolger, on Facebook.*

**A Roberta says:** Skin diseases often can be managed but can't be cured. Ongoing treatment and regular trips to the vet are often necessary.

Firstly, make sure she doesn't have any parasitic skin disease, which might require skin scrapes or a spot-on treatment. Secondly, get her anal glands checked as a blockage can cause skin disease.

Your next step would be to treat any skin infections, and possibly to use antihistamines if any allergic disease

appears to be present. Changing her diet to a low-allergy food containing a single carbohydrate source and a single protein source, avoiding red meat, dairy products, and grains can also be helpful if pets have developed a food allergy. A food allergy trial needs to last around a month, and no other food must be fed in this time. If the skin improves with a change in diet, then you can avoid problem foods in future.

Other things you might need to consider include blood or skin allergy testing for other allergens. Problem items can then be avoided, or hyposensitisation treatment can be used to help reduce any allergies. Finally, anti-inflammatories or even steroids may reduce itchiness and give your dog a chance to let her skin heal.



# Dog Answers

## General Care

## EXTRA

### THE YOUR DOG EXPERTS



Diana North GCGI, is a founder member of the Pet Industry Federation's Guild of Advanced Groomers.



John Burns BVMS, Lic Ac, MRCVS, is a vet and founder of feed company Burns Pet Nutrition.

## Something to get their teeth into...

**Q** I have three Schnauzers and I have to be very careful about what they eat, as they get upset stomachs. They can't have fatty foods or hide chews. What can I give them to chew to keep their teeth clean?

*Sue Mason, on Facebook.*

**A** **John says:** The standard belief is that abrasive foods, such as bones and hide chews, are the best way to keep teeth clean. I believe that the main cause of tooth tartar is an excess of waste matter in the system. This comes from any of the following: low quality, unsuitable food; chemicals in the diet; overfeeding; adverse reaction to food (food intolerance); inflammation in the system. This is quite a list and it means that the best way to keep a dog's teeth clean is to ensure that the overall system is healthy. To achieve that, I recommend a whole-grain, hypo-allergenic-type, chemical-free food. This should be fed as sparingly as possible. This is much more effective

than specific measures, such as chews and trying to brush the teeth.

The fact that chews are dry and hard will tend to make them difficult to digest but you might consider trying dried fish or fish skins, venison ears or stag bar (antler) chews, and dried sweet potato.



Chews are not the only way of keeping your dog's teeth clean.

## Snip, snip...

**Q** Which are the best nail clippers for a large dog?

*Linda Taylor, on Facebook.*

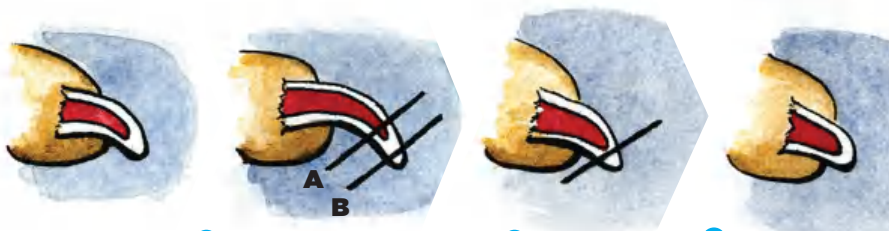
**A** **Diana says:** I would recommend you use the pliers-type nail clippers for large dogs. You can find these on the internet; research dog grooming suppliers as they will display this type of nail clippers for both small and larger dogs. A nail grinder might be

useful to keep the nail trimmed once you have the length suitable and comfortable for your dog.

The very informative pictorial guide to the nail clipping process, reproduced below, could be of interest to you, especially if you are dealing with a dark nail where you cannot see the vein and nerve which runs through the nail.

## A neat finish

Follow these steps to trim your dog's nails safely and properly.



**1** The pink part indicates what the quick (soft tissue carrying the nail's blood supply) looks like and where it is situated within the nail.

**2** As the nail grows, so does the quick in relation to it. Cutting the nail at point A will nick the quick, causing pain and bleeding. Cut the nail at point B and you will keep the quick intact. It will also begin to recede due to the shorter nail.

**3** After regular filing to keep the quick receding, the nail can be trimmed at the right length, without catching the quick.

**4** This shows a nail at the correct length. Kept at this length, the quick will remain in place as shown, so you should be in no danger of catching it when clipping the nail.

### KEEP NAILS TRIM

- Walking on hard surfaces will naturally wear down your dog's nails. But untrimmed nails can break, bleed, or even grow into the feet, causing discomfort. Hearing a 'click-click' as your dog walks on hard floors is the most obvious sign that attention is needed.
- Only use nail trimmers specifically designed for pets — and ensure they are sharp. Be careful to avoid the nail quick, which on white nails is the pink section. This contains nerves and blood vessels and when nicked will bleed easily. If this happens, apply pressure with a cotton ball. Don't forget the dewclaw nail, located on the inside of the leg. If left untrimmed, they curl up and grow into the soft tissue like an ingrowing toenail.
- Get your dog used to having his nails trimmed from an early age.



Trim nails regularly to avoid discomfort.



The Chihuahua's slightly bulbous eyes can be affected by dust and grit.

#### DID YOU KNOW?

It is not uncommon for grit and dust to irritate a Chihuahua's eyes, causing tear staining. Washing the hair under the eye thoroughly, drying the area, and applying a barrier, such as Vaseline, should help.

## I have a Chihuahua, his eyes water and he has dark patches of fur around them. How do I safely get rid of the dark patches?

Liz Williams, on Facebook.

**A** Diana says: The Chihuahua has slightly bulbous eyes which can be affected by dust in the atmosphere. Firstly you need to check that there are no ingrowing or loose eyelashes which may be rubbing on the eyeball. If you are not able to see anything you could ask your vet to check for you. Assuming there are no obvious problems, you could help by wiping the eyes to

keep them clear of any tears before they build up creating the tear staining. There is a product on the market that may help with the weeping eyes; Leucillin Skin Care is a non-toxic, non-irritant, antiseptic. Soak a cotton pad with the antiseptic and wipe it over the eyes. Do this once or twice a day and you will prevent the build up of staining and, in time, the staining will disperse.

#### USEFUL PRODUCT

Described as a must-have first aid tool, Leucillin Antiseptic Skin Care is an antibacterial, antiviral, and anti-fungal spray with an ability to kill germs that can cause infection, irritation, or dry, itchy, flaky, or smelly skin problems. Available in various sizes with prices starting at around £3 - 4 for a 50ml dropper bottle. For more information and to find stockists locally and online, visit [www.leucillin.co.uk](http://www.leucillin.co.uk)



## Diary of a countryman

Do dogs represent a threat to wildlife? Things aren't quite what they seem, argues Stephen Jenkinson.

**A** report just published by scientists at the University of Bristol concludes that foxes might actually be a farmer's friend.

While culling is traditionally portrayed as essential, due to foxes killing lambs, the study found that overall each live fox can save farmers £866 by reducing damage caused by other 'pests', such as rabbits.

Whatever the arguments about foxes, it is a fact that nature abhors a vacuum, and if one animal is taken out of an environment, something else will take its place.

The same principle applies to calls by some people to reduce dog walking in areas designated for wildlife. Apart from the fact that most of these areas were designated due to the presence of wildlife that had survived decades of dog walking, the reality is that reducing the number of dogs could make things worse for wildlife overall.

For example, fewer dogs could mean increases in wildlife-killing predators like cats, stoats, and mink. Fewer dog walkers could well reduce the deterrent effect of informal surveillance, leading to more anti-social behaviour like fly tipping, dumping of

poisonous waste, and starting fires, all of which can have a devastating effect for years.

The fact is, we don't know. The research isn't there to accurately predict what will happen. So while it's right this uncertainty means dog walkers should comply with precautionary, balanced restrictions to protect our most threatened wildlife, it's equally incumbent on those calling for restrictions to admit we don't know if reducing dog walking will improve Britain's wildlife — or make it worse.

In truth, it will be decades, if ever, before we know the impacts of reducing dog walking in some areas.

For now, the best thing dog walkers and nature lovers (and many people are both) can do, is work with the best evidence we have and acknowledge that dog walking can bring many benefits as well as disadvantages for our wildlife and countryside.

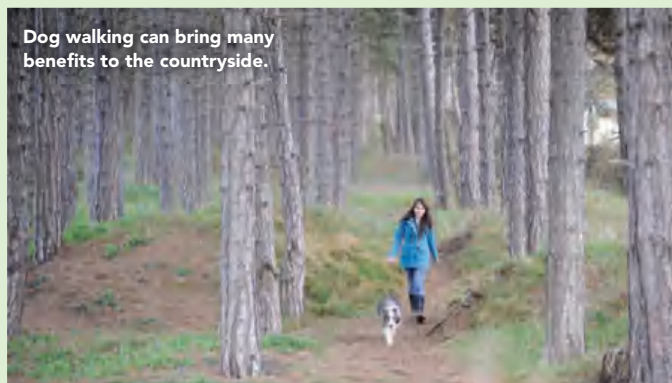
To pretend, as some try, that removing dogs from the environment would create some sort of wildlife utopia is a disservice to good science, and the many dog owners who do value and support the countryside and greenspaces around the British Isles.



#### ABOUT STEPHEN

Stephen Jenkinson is an expert on where you can go, and what you can do, with your dog. He's access adviser to Your Dog Magazine, the Kennel Club, and local councils across the UK and abroad. He lives in Orkney with his Border Collie, Jess.

Dog walking can bring many benefits to the countryside.







#### ABOUT ANGIE

In 2011, after a decade of gradual hearing loss in her right ear, Angie suffered sudden profound sensorineural deafness in her 'good' ear. In 2014, the writer and journalist was accepted on to the waiting list for a Hearing Dog. Angie is married to Your Dog contributor Richard Aspinall. The couple live in Yorkshire with their West Highland White Terrier, Tilly.

# The waiting game

For Angie Aspinall, the possibility of getting a Hearing Dog seemed like a remote dream — but not forever. We follow her journey.

Pics: Richard Aspinall.

Being with Cameron was such a confidence boost.



**MAY  
2011**

I can't stop thinking about how much I want a Hearing Dog. I just can't face going out of the house on my own when I can't hear what anyone's saying to me. I don't want anyone to think I'm being ignorant and I don't want to look stupid if someone speaks to me. I'm going to have to go back to work soon, but I'm dreading it. The doctors say I just have an ear infection but I know in my heart it's more serious than that. I'm terrified that this is 'it' for me from now on. What if it happens in the other ear too? I don't know how I'll cope.

**JUL  
2011**

Saw a registrar at the hospital today who said the deafness is permanent. I asked her 'What next?' and she was really reluctant to answer. When she said the words 'cochlear implant', I went into shock and had to get out of there. I didn't want to talk about it.

Labradors are one of the breeds most commonly trained as Hearing Dogs.



**AUG  
2011**

Just learned the next application date for a Hearing Dog is October

1. I hope I get on to the list. I had another panic attack today. I thought my hearing was getting worse in my other ear. It was really scary.

**OCT  
2011**

Good news and bad news today. We didn't manage to get through

to Hearing Dogs for Deaf People at 9am to apply for a dog but, the good news is, I've found out about a special hearing aid called a Phonak CROS, which sends sound from a microphone over the deaf ear to a hearing aid in the other ear. I hope I've got enough hearing in my right ear for this to work. Got an appointment to try one.

**NOV  
2011**

I got the Phonak CROS aid and my new hearing aid today and they are amazing! I feel like I have a sense of sound coming from left and right again. I am so happy right now! I don't ever want to take them off (but I know I can't sleep in them).

In 2011, the dream of getting a Hearing Dog seemed remote as demand was so high and the charity could only do so much. I adjusted to living with my disability as best I could; I quit my job, started working from home, and I set my sights on getting a rescue dog. Our rescue Westie, Tilly, transformed our lives and she made me a calmer, happier person but, at the end of the day, she still couldn't alert me to important sounds and keep me safe and so I kept on trying to get on the waiting list for a Hearing Dog.



**OCT  
2014**

Yeeeeeees! I'm on the list! We managed to get through on the phone this morning at 9am. Lovely hubbie gave them all my details and I now need to get a letter from my GP and a copy of my audiogram to send to the charity. Happy day!



**MAR  
2015**

We've just got back from our two-day assessment visit at Hearing Dogs for Deaf People's Yorkshire centre. It wasn't at all what we were expecting. I thought we'd be in a group but it was just us meeting lots of gorgeous dogs and learning about the different breeds used by the charity, their temperaments, how to groom them, and to have a go at the commands. I got to spend time with Sally (a working Cocker Spaniel) and Indie (a Cockerpoo). With Indie,

I practised the basic hand signals for 'Sit', 'Down', 'Wait', and 'Off you go'. I also learned how to get her into and out of her uniform, and we did some lead work and recall.

On the second day, I went out with Cameron (a black Labrador), in his uniform, to the local garden centre. It was such a confidence boost! I now know that I would feel safer having a dog like Cameron with me when I go away for work on my own or when Richard is away.

Looking back now, I remember that the most exciting activities were the 'sound work' activities. Indie had to alert me to a sound while I was busy doing something. Her signal for this was to rest her two front paws on my legs to get my attention when a squeaker sounded. Some dogs learn to rest their paws on you and others learn to nudge you with their nose.

On the second day, we did some sound work with Cameron in one of the training houses (he used the nudging technique) and we did doorbell, phone, cooker timer, and alarm clock — the latter involving me

climbing, fully clothed, into a bed and pretending to be asleep. It was amazing the number of things he could do.

Having a dog in uniform with me while out and about did give me an enormous feeling of security. I could imagine being on my own on the London Underground and crossing the city to stay in a hotel overnight with a lot less apprehension than I would on my own. And I could sleep soundly in a hotel knowing that he'd wake me for my meeting the next morning when my alarm clock went off and he'd wake me if the fire alarm sounded in the night.

**APR  
2015**

We had our home assessment

today. The house was gleaming like a new pin — not that we were being assessed on cleanliness but I just wanted everything to be perfect! The partnership manager took lots of notes about what types of floor coverings we have and took photos of the house and garden. She seemed happy with everything so now we just have to sit tight and wait...



Find out how Angie gets on in next month's Your Dog Magazine.





# Hearing Dogs for Deaf People



Specific breeds are used as Hearing Dogs.

The charity was founded in 1982 by Lady Beatrice Wright, Gill Lacey, and Dr Bruce Fogle (father of TV presenter, Ben Fogle). Since its inception, the charity has created and supported thousands of partnerships.

There are currently 850 partnerships in the UK and the waiting time is now around 12 months.

The process of matching applicants and Hearing Dogs is not dissimilar to that of a dating agency — but with questions about support needs relating to work environment, home setting, and use of transport. There are also questions about the likely frequency of interaction a matched dog would have with children and pets. As they progress through training, puppies are monitored for their skills, abilities, and characteristics so that an appropriate match can be made.

The charity uses specific breeds of dog with the key traits necessary to make a good Hearing Dog: Labradors, Cocker Spaniels, Poodles, Golden Retrievers, and Cockerpoos. Most are bred specifically for the charity and some are donated by Kennel Club approved breeders.

Hearing Dogs alert their partners to specific sounds such as alarm clocks, telephones, and doorbells, and to danger signals such as fire alarms, in the home, work place, and public buildings.

Severe/profound hearing loss can be very isolating and many people who lose their hearing report feeling

depressed and lacking in confidence. A Hearing Dog provides a life-changing level of independence, confidence, and companionship.

Once a recipient has been matched with a Hearing Dog, they are guaranteed to have one for life. When their first Hearing Dog retires, around the age of 11, recipients are paired with a new dog — and many keep their former Hearing Dog as a pet.

A Hearing Dog is as much an aid to a deaf person as a wheelchair is to someone without mobility but, sadly, there are a few unscrupulous people around who buy fake uniforms for their dogs so they can take them into shops and restaurants (for their own convenience), which is the equivalent of abusing a Blue Badge parking space.

Like Guide Dogs, Hearing Dogs are allowed in shops, restaurants, GPs' surgeries, hospitals, and on planes. Unfortunately, the burgundy uniform of the Hearing Dog is less well-known than the uniform of a Guide Dog and, shockingly, 70 per cent of Hearing Dog recipients report that they have been refused entry to premises on the high street, despite recipients carrying the same type of Yellow Book ID as Guide Dog recipients. 'Dragon's Den' star Deborah Meaden is spearheading the charity's 'Who Lets the Dogs In?' campaign, which calls on businesses to open their doors to Hearing Dogs.

● To find out more about Hearing Dogs for Deaf People, 'Who Lets the Dogs in?', to make a donation, or sponsor a puppy, please visit [www.hearingdogs.org.uk](http://www.hearingdogs.org.uk)



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## Anxiety & Behaviour Solutions

### Stop Pulling

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- Removes strain on dog's neck

"I cannot believe that this has really worked. I was getting fed up with being pulled around like a rag doll. The Mekuti arrived and every walk has been fantastic. Even with other dogs she was exactly the same, calm and a joy to walk. I cannot praise this product enough."

Mrs A.L., Milton Keynes



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### Anxious behaviour

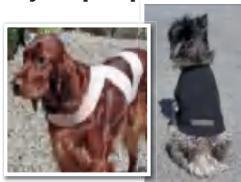
### T-Shirts & Body Wraps

Calming your dog with a T-Shirt or Body Wrap helps reduce:

- Thunder and firework fright
- Aggression towards dogs and people
- Car and travel problems

"It really works! We had a week of fireworks and thunder. Every time I put it on him within five minutes he was asleep. I am so grateful!"

Cath, Wuff Dog Training



### Excessive Barking

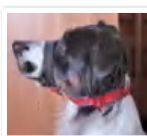
### Calming Band

A Calming Band is a very gentle way to help reduce:

- Barking, whining and licking
- Discomfort in unfamiliar surroundings

"I really didn't expect this to work, but it has! Before, he would start barking at any dog as soon as he could see them now he greets them with his tail wagging."

Mrs J.C., Durham



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# Two days, four countries...

It's a new beginning for 'Barking Blonde' Anna Webb, as she sets out on a cross-country adventure.

**P**anic struck in the wee, small hours of the morning — I couldn't sleep. Despite mapping my route, organising breakdown cover, borrowing an in-car charger, updating my sat nav, and stocking up on driving tunes, the impending 750-mile round trip to Belgium to pick up my new puppy, Prudence, was making my anxiety rocket.

At 5.30am the alarm went off. The weather forecast was grim — driving rain spreading from the South West.

Luckily, I reached the Channel Tunnel before the deluge, and in record time. Taking an earlier shuttle gave us an extra hour of daylight driving, recommended in a Mini, and especially when driving on the wrong side of the road, in the rain, with no prior experience of the route.

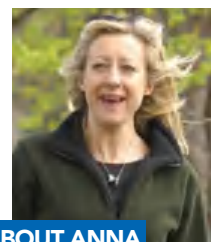
I was headed for Tongeren, the oldest town in Belgium. It is famous for its Sunday flea markets, to which we planned to take Prudence.



Nearly home!



A very welcome pit stop.



## ABOUT ANNA

Anna Webb is co-presenter of BBC London's 'The Barking Hour' and also appeared regularly on the 'Alan Titchmarsh Show'. She recently moved out of London to enjoy an alternative lifestyle with her pets, and pursue her interest in holistic therapies.

loves flying off sofas, climbing up bed spreads, playing tug of war, and zooming under

the bed from one side to the other — just because she can! Her toilet training needs tuning, but I do understand that there's more to do outside than wee.

While I lay awake, angst-ridden about the drive ahead and mulling over our first day, she lay snoring under my chin in the bed. Oops — I'd broken rule number one!

Prudence took to the front seat of the Mini like a co-pilot. She was a perfect passenger in her canvas carrier — no whining, barking, weeing, pooing, and no sick.

The last hour approaching Calais was a grind. I knew Prudence was thinking: 'Are we there yet?' Eurotunnel's facilities were like an oasis as we arrived for a well-earned pit stop. Checking in and out at the brand new pet passport lounge was a breeze, and like-minded dog lovers didn't mind taking our picture — Prudence was entering the UK, and she'd crossed four countries in two days — quite an achievement.

Back on the right side of the road, we steamed straight home, while I pondered what Gremlin would make of Prudence. Find out next month.

I wanted to get to the far side of Brussels by 2.30pm and I made good progress. The roundabouts caused a couple of panic attacks, but before long I'd arrived and found the dog-friendly B&B where I was due to meet with Prudence and her breeder, Jutta Winter.

The B&B proved to be an ancient farmhouse, lovingly restored by a famous local artist, Tilly Gielen. This was going to be ideal for Prudence's first hotel stay.

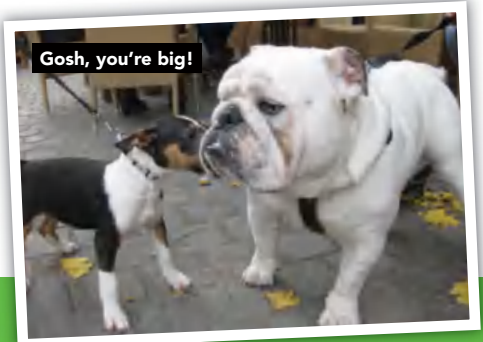
I was beside myself with anticipation waiting for Jutta and Prudence to arrive. When they did, strong coffee got us in the mood to explore the market — Prudence's biggest experience yet.

She took the onslaught of distractions — the people, weird objects, other dogs, sights, smells, and sounds — in her stride.

I was astonished by her lead walking — advanced for a three-month-old Mini Bull — and by her self-assured, yet deferential, approach to the local dogs she met, including a giant Bulldog, a sparky Lakeland Terrier, and a waggy Cavalier.


Before we left, Jutta handed over Pru's expertly prepared export paperwork and pet passport. After triple checking the details in her passport — microchip, mercury free rabies jab, the wormer — we were all set for the return journey.

After our first night alone together in the B&B, I felt totally exhausted. Prudence



Gosh, you're big!





A Labrador Retriever.

# Basic instincts

How do pet owners tap into their gundog's natural instincts?  
**Kelly Felstead** finds out.



A Springer Spaniel.

**G**undogs have always made popular family pets; they're versatile and eager to please. But many pet owners fail to acknowledge the genetic make-up of gundog breeds, and don't realise the difference between working and show lines. This can cause issues when their growing bundle of fluff turns out to be more demanding than expected.

Top gundog trainer Jeremy Hunt, who specialises in helping novice dogs and handlers, caters for pet owners who want a well-balanced gundog as a family companion. The Lancashire-based trainer runs group and one-to-one sessions showing them how they can satisfy their dogs' natural instincts.

"The most popular pet gundogs are Labradors, Cocker Spaniels, Springer Spaniels, and Golden Retrievers," said Jeremy, a breeder of working Labradors for more than 40 years.

"Many people buy these breeds as pets but don't realise that there are show and working types. A lot of these dogs are working bred; working dogs are totally different to the show types and have different needs.

"Other gundogs, such as some of the HPR (hunt, point, retrieve) breeds, tend to keep to a standard type; you could have a show German Shorthaired Pointer and a working one and struggle to tell them apart.

"A working Cocker Spaniel, however, will be more fiery and have more going on than a show Cocker. The owner may suddenly find themselves with a four-month-old dog who is charging around because his genetic make-up is programmed to work, and he wants something to do. When that ability isn't honed you get behavioural problems. Then the owner will often say: 'I don't know what to do with this dog'."

## THOUGHT PROCESSES

Owners of gundogs, especially the working types, need to give their pets a purpose in life. This doesn't mean you have to go shooting with your dog, but there are certain things you can do to keep your dog fulfilled and give you a better relationship.

"I see so many gundog breeds that look unhappy," said Jeremy. "I think a lot of people don't realise they've got a dog who has a brain.

"Little things, such as practising your retrieving instead of just throwing a frisbee or ball, will give your dog more motivation to work with you.

"These breeds are happier if they've got some control. Repeatedly throwing a ball just creates frustration and mental frenzy. Your dog might bring the ball back, but it isn't doing him any good. You need to teach the dog to be steady from the beginning. Taking a gundog to obedience





A Cocker Spaniel.



A Golden Retriever.

**"Repeatedly throwing a ball just creates frustration and mental frenzy. Your dog might bring the ball back, but it isn't doing him any good."**

classes won't fulfil this function either.

"Sit a young gundog down; start to drop items around him so he learns to be steady and controls his enthusiasm.

"You can then throw a training dummy and let your dog get it when you say he can go. Any gundog will blossom if they start to do this kind of stuff, either in the garden or the park. It's all about making the dog think. They enjoy every minute of this training.

"Do the retrieving for a week and on

the eighth day hide a toy; this teaches your dog to go away from you and find something, even if he hasn't seen anything fall. There's a layer of trust, belief, and training involved.

"If you've got a gundog breed, doing 10 minutes of this type of training at the end of play adds another layer of learning."

If you want to progress further, think about getting involved in a gundog training club, or find a trainer who specialises in gundogs.

## GREAT GUNDOGS

There are many different gundog breeds, from the Irish Water Spaniel to the Clumber Spaniel. On the whole, gundogs have very good temperaments, are extremely people orientated as they've been bred to work with humans, eager to please, and tend to be good with children.

Gundogs need exercise and enjoy being out and about — they're not lapdogs. As with all breeds, Jeremy advises people to do their research and make sure they buy a pup whose parents have been health tested.

## SHOW VS WORKING

So, how can you tell the difference between a working and a show gundog? It varies from breed to breed.

Working Labradors and Golden Retrievers are more athletic, leaner, and lighter in terms of body shape than their show cousins.

There are lots of differences between a show and a working Cocker; show Cockers have a fuller coat, more feathers on their legs and chest, longer ears, a deeper muzzle, and are much more laid-back in personality. Cockers from working lines, however, are often pointy in the face and have a lighter build — they are also extremely active and will be constantly looking for something to do.

Working and show Springers are also poles apart; working Springers are quite lightweight and smaller in size when compared to show Springers.



## The right training

I had a go at some exercises aimed at companion gundogs, with my pet Cocker Spaniel, Henry. These exercises will work a pet gundog's natural abilities and help him to build self-control. They are suitable for any gundog, but particularly retrieving breeds such as Labradors, spaniels, and Golden Retrievers.



### EXERCISE 1: DROPPING A DUMMY

Ask your dog to 'Sit' and 'Stay'. One by one, drop several training dummies or low-value toys in front of him, while reinforcing the stay command. This exercise teaches your dog to be steady and not to move, despite temptations.

This is an essential part of gundog training. You can do this exercise on or off the lead, depending on your dog. If you have him on a lead to start with, build up the exercise gradually so he will eventually stay off lead.

### EXERCISE 2: PLACING THE DUMMY

There are three parts to the exercise which should be practised in order.



Get your dog to sit on your left-hand side. Make sure his attention is on you. Ask him to stay in position by raising the flat of your right hand and giving a single blow on the whistle if you have one.



Carefully walk backwards so you are 15 to 20 yards away from your dog, ensuring that he stays in a sit (reduce the distance at the start if necessary). Place the dummy on the ground and return to him.



Give a clear direction with your right hand to send your dog forward to retrieve the dummy. Keep your arm low and point in the direction of the dummy. Encourage your dog to bring it back to you with repeated short 'pips' on the whistle or with your voice.

Placing the dummy rather than throwing it removes some of the excitement and helps the dog concentrate on being asked to stay, before being sent for the retrieve.



### THROWING THE DUMMY



Ask your dog to sit on your left-hand side. Make sure he's focused on you, and tell him to stay with your right hand and a blow of the whistle.



Throw the dummy in front of you with your right hand. The dog must remain still until he's given the command to go forward.



Giving a clear direction with your right hand, send your dog forward to retrieve the dummy.



## OVER THE SHOULDER



To progress this exercise, ask your dog to sit (or do a down if that's easier) and stay. Carefully walk backwards with the dummy in your hand.



Throw the dummy over your shoulder so it lands behind you. Keep focused on your dog. Make sure he stays where he is by giving him a clear hand signal.



Walk back to your dog reinforcing the stay command. Resume your position with your dog on your left-hand side, then give a clear direction with your right hand to send him forward.

## EXERCISE 3: UNSEEN RETRIEVE

The 'unseen' retrieve is where a training item is hidden from the dog. Your pet has no idea where it is but is taught to go in the direction he is sent by the handler, by the positioning of their arm and hand.



1

First of all, hide the dummy in a hedge or long grass so your dog can see where you've put it.



2

Give a clear direction with your right hand and send your dog in the direction of the dummy for him to find.



3  
Once he has found the dummy get him to bring it back to you.



4  
Progress the exercise by hiding the dummy when your dog isn't around. Follow the same steps as above to get him to retrieve the dummy.

## COMMON MISTAKES

Jeremy pointed out some common mistakes made by pet gundog owners.

- Not training the dog properly. Many owners of gundogs don't do the right kind of training. "Make sure you know the role in life your gundog was bred for, so you can fulfil it," advised Jeremy.
- People are taken in by the look of a breed. If you live in the middle of a town you don't want a dog who needs open spaces and likes to be very active.
- Many people over-exercise gundog pups. "You've often got children chasing the puppy around, which can do more damage than good," said Jeremy.
- "A young pup should never flake out.

I would also never let a young gundog jump on or out of anything."

- Don't suddenly launch into mad exercise mode because you feel guilty that your dog's been left alone for a while. "People think they need to put the dog's lead on straight away to get rid of his energy," said Jeremy. "Have a cup of tea and then take the dog for a walk."
- Gundogs are very popular pets because people think they're easy, particularly Labradors.
- Don't goad a gundog. "It's not good for them. They will put up with a lot and are forgiving," said Jeremy. "Make sure your dog has lots of fun in a good way."

To find out more about Jeremy's training sessions at Fenway Gundogs visit [www.fenwaylabradors.co.uk](http://www.fenwaylabradors.co.uk)

## BRED TO WORK

What are the roles of the popular gundog breeds?

Labradors/retrievers — pick up fallen game on shoots and bring it back to the handler.

Spaniels — used as beating dogs; they work in front of the handler to push game out of cover. The Cocker originated as the 'cocking spaniel' and derived its name from flushing woodcock; Springers get their name from being used to startle birds into the air so that they spring upwards. HPR — includes breeds such as the German Shorthaired Pointer, Weimaraner, and Hungarian Vizsla; can be trained to hunt, point, and retrieve. They should hunt the terrain and use their noses to find sitting birds.



# Canine confidential



Una and Rusty  
make a great team.





# Kelly Felstead finds out how collie Rusty offers support to people with mental health issues.

**T**here's no denying that pets help us emotionally.

And for people suffering from longer-term mental health issues, a canine confidant can enable them to talk about their problems without feeling judged.

Dog owner Una Cavanagh realised this when she retrained as a counsellor, after working as a long-haul cabin crew member for British Airways for 24 years.

Una, from Cherhill, Wiltshire, introduced animal assisted therapy to her counselling practice more than a year ago.

Clients suffering from issues such as bereavement, anxiety, depression, stress, and abuse can request Una's Border Collie, Rusty, to be present during counselling sessions.

Using dogs in this sort of therapy isn't new — other counsellors have experimented with it — but the practice isn't well known.

"There's a definite therapeutic value in dogs interacting with humans," said Una, who's registered with the British Association for Counselling and Psychotherapy.

"Dogs are good at helping people with mental health problems — they're incredibly powerful. That human-animal bond goes back thousands of years.

"Going for counselling can be a scary



Leaving the office at the end of a session.

thing. A dog being present gives people focus, takes them outside of themselves, and can also be a good ice-breaker.

They're very soothing and calming.

"Sometimes the client will talk to my dog. A dog is non-judgemental and totally accepts people for who they are. When someone isn't able to put into words what they're feeling, Rusty takes the spotlight off them. He's really good with people who find it hard to open up. He provides the portal to enable people to externalise what they're feeling internally.

"When people aren't very aware of how they're coming across, Rusty helps to increase their self-awareness. When posing for the pictures for this feature, my friend raised her voice. Rusty sat up and started staring at her. She hadn't even realised her voice was raised."

## IN DEMAND

Rusty can be present for all of a client's sessions or some of them, and for the entirety of a session or just part of it. In the past year Una's had a lot of people requesting Rusty.

Although Una has two other collies, Scamp and Paddy, Rusty is the only member of her canine family with the right temperament for counselling work.

"The dog needs to be fairly calm, but also robust enough to be able to deal with a human's difficult emotions," explained Una. "Rusty is good at dealing with people's distress, sadness, or anger.

"Nothing makes him happier than having a job to do and he loves this job. Rusty is very work driven.

"I think there's an assumption that animal assisted therapy is like Pets As Therapy where dogs go and visit places. I have to explain that it's quite different; it's one-to-one and person orientated."

Una was keen to start a career in counselling after having a positive experience herself. She decided to leave British Airways nine years ago and went back to college for four years to retrain as a therapeutic counsellor. She qualified in 2010.

She began using Rusty in her work after completing training in animal assisted

therapy with the Society for Companion Animal Studies (SCAS).

Rusty was assessed by a dog behaviourist for his suitability to become a counselling dog. Additionally, Una spent some time with another psychotherapist who also uses her dog at work.

"Rusty's assessment included seeing how he reacted to raised voices and shouting. The behaviourist observed him for signs of stress such as panting or yawning."

## A SPECIAL BOY

Despite his calm temperament, Rusty didn't have the best entry into the world. After starting her training as a counsellor, dog-lover Una was keen to rescue a dog.

She was told about two older collies who had been dumped in an appalling state and were due to be euthanised. Una paid for their medical treatment and took the dogs on.

When the bitch was taken back to the vet's to be spayed, six puppies were found inside her; she was so malnourished that no one knew she was pregnant. Only two of the pups survived — Rusty and his brother, Scamp.

"From the start I knew Rusty was a special dog," said Una. "He's a curious collie, and very interested in everything."

After qualifying as a counsellor, Una worked for various organisations including a local hospice. She took Rusty and Scamp to see a resident with Alzheimer's disease and was amazed at the change in her and other sufferers when they saw the dogs.

"They had such a positive effect, it was wonderful," she explained.

"I would like people to become more aware of the benefits of dogs used in counselling. The main concern is that it's done ethically and safely for both the dog and the client. The dog's welfare has to be paramount."

An important part of Una's job is making sure clients don't get too attached to Rusty. "From the outset, I have to make it clear there's a limited amount of time when they will see the dog, that the relationship will end," continued Una. "It has to be dealt with sensitively."



Rusty gives support for people having counselling.

Pics posed by model.

Pics: Bob Atkins.



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# Keep an eye on your oldie!

Create a lifestyle that keeps your old dog happy and healthy. **Michael Hallam** explains how.

## Give your dog a health check

**A**s your dog reaches his twilight years it becomes even more important to keep an eye on his health. Once a week go through this eight point health check. It should take less than 10 minutes. Get any problems checked out promptly by your vet.



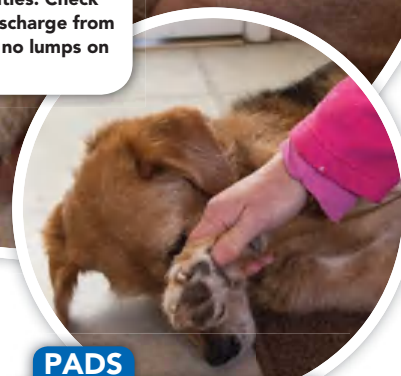
### EYES

The eyes should be bright with no opacities. Check there is no discharge from the eyes and no lumps on the eyelids.



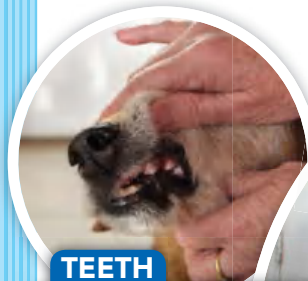
### EARS

Look inside each ear to check for any discharge. Any bad smells coming from the ear could be the result of an infection and should be investigated by your vet.



### PADS

Monitor the pads for any signs of dryness and cracking. If your dog has a problem get it checked by your vet — don't try any human remedies.



### TEETH

Check your dog's teeth and prevent tartar build-up by brushing regularly. Does his breath smell? Bad breath can be a sign of gum disease, dental infections, or other diseases.



### SKIN

The coat should be glossy and healthy. Run your hands all over your dog's body to check for any lumps and bumps. If there are any lumps make a note of their size and location so you can find them when you visit the vet.



### BREATHING

Lean close and listen to your dog's breathing, which should be easy and regular. If it is fast, irregular (randomly changes between fast and slow), or has a variable depth (some breaths are randomly much deeper or shallower) there may be an underlying problem.



### HEART

Place your hand on your dog's chest on the left-hand side, behind the shoulder to feel his heartbeat. At the front of the chest (as shown) can work too. Count the number of beats in 15 seconds. Times this figure by four to give your dog's heart rate per minute. The beat should be strong and regular. Alternatively, you can take your dog's pulse by resting your fingertips on the inside of his thigh. Count the beats in the same way.



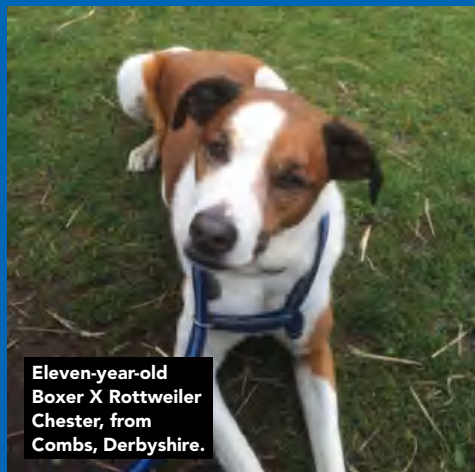
### BOTTOM

Check your dog's rear end for any discolouration, swelling, soreness, or discharge. Keep the hair around this area short to help avoid problems.



# GOLDEN oldies GALLERY

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Eleven-year-old  
Boxer X Rottweiler  
Chester, from  
Combs, Derbyshire.



Ten-year-old English Springer  
Spaniel Gypsy, from Titchfield  
Common, Hampshire.



Fifteen-year-old Springer  
Spaniel X Cocker Spaniel  
Lucy, from Birmingham.

# Make your old dog

**G**iving a little thought to the layout of your house can really help your old dog to feel more comfortable, particularly if he's suffering from aching joints, feeling the cold more, experiencing deteriorating eyesight, or less mobility.

## RUGS

Have a supply of dog rugs that you can put on the sofa or in his bed to help cushion aching joints and for extra warmth.

## NIGHT LIGHT

If your dog struggles with his sight put a night light near his bed to help him find his way back should he wander around during the night.

## DOG RAMP

Old dogs with mobility problems may need assistance getting on and off the sofa (if allowed).



Each gallery star receives a box of LOGIC EaseDerm this month, courtesy of sponsor Ceva Animal Health. LOGIC EaseDerm is a super tasty skin and coat supplement with a high concentration of omega 3 fatty acids — perfect to moisturise dry, irritated skin and help maintain a healthy, shiny coat. Find out more at [logicforpets.com](http://logicforpets.com)



# house friendly

## DOG BED

Place dog beds around the house, so your pet has a choice of where to curl up; pick nice, warm spots, out of any draughts. Your old dog will appreciate a bed that is soft on his ageing joints. Many companies offer special orthopaedic beds which are ideal for senior canines.

## KEEP THINGS TIDY

Senior canines often suffer from a deterioration in their eyesight. Place any ornaments where your dog will not bump into them.

## MULTIPLE WATER BOWLS

Have several water bowls positioned around the house so your dog always has access to water. An older dog with mobility issues may not get up for a drink — even if he is thirsty — if the water bowl is too far away.

## NON-SLIP MATS

Cover any slippery floors with non-slip mats or rugs. Your dog will appreciate the extra stability and is less likely to fall or damage his ageing joints.

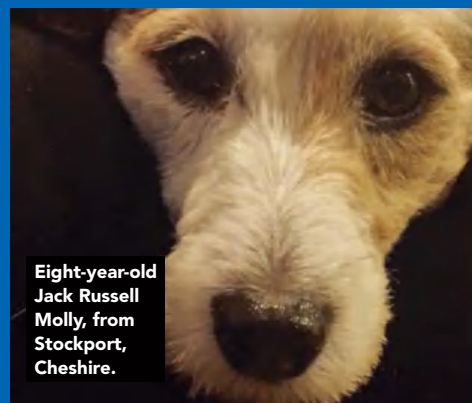
## RAISED FOOD BOWL

An older, bigger dog may find a raised food bowl puts less stress on his neck and back.

Thanks to our models Andrea McHugh and Martes.

## GOLDEN oldies GALLERY

Sponsored by **LOGIC** Ease



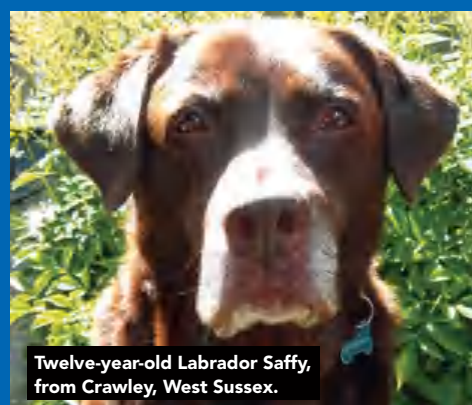
Eight-year-old Jack Russell Molly, from Stockport, Cheshire.



Eleven-year-old Lurcher-cross TJ, from Redruth, Cornwall.



Eleven-year-old West Highland White Terrier Willo, from Dundee.



Twelve-year-old Labrador Saffy, from Crawley, West Sussex.



**DO**

Look out for signs that your dog is slowing down. You can then adjust his routine to help him, and get any health problems checked out by your vet.

**DO**

Take your old dog for regular vet checks. The earlier problems are picked up the better your pet will respond to treatment.

**DON'T**

Hesitate to try new things. Your pet will love new adventures and training just as much as he did when he was a puppy. If starting a new dog activities or sports, get your vet to check him over to ensure he is healthy enough to take part.

**DON'T**

Forget to enjoy your old dog. Make the most of his senior years!

**DO**

Mentally stimulate senior dogs. They may live life at a slower pace but older dogs can still get bored. Keep their minds sharp with fun and games that test the brain.

**DO**

Keep your old dog as active as possible. This will help him to keep in shape and retain mobility.

**DON'T**

Let your dog overdo it. You may need to step in if your old dog doesn't understand his own limits.

Make the most of your dog's twilight years.

## Golden oldie of the month

**W**hen Cate Perman gave her parents a dog, she had no idea of the impact the pet would have on her family, in particular her father. Ten-year-old Welsh Terrier Fflint has been a constant companion for John Perman as he has battled health problems.

"I bought Fflint for my mum and dad for their 30th wedding anniversary as Dad had always wanted a Welshie," said Cate, from Ilkley, West Yorkshire. "Dad adored Fflint immediately. He became an expert at grooming him and took him with him whenever he could. Dad was taken with Fflint's terrier tenacity, cheek, and naughtiness. He loved the fact he wasn't your average lapdog. We had always had our own dogs as kids, but Fflint was his.

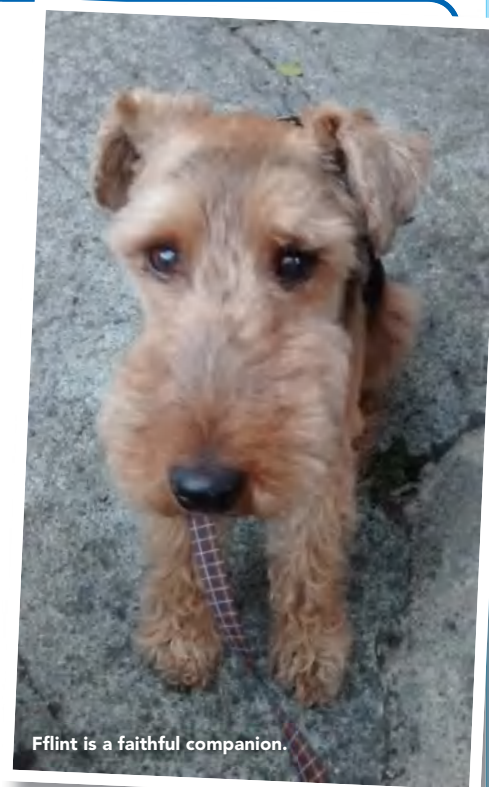
"Eighteen months later my dad suffered a stroke and was in hospital for

over four months. Fflinty was morose and his behaviour changed; he clearly missed Dad.

"When Dad returned home, he was disabled and had to sleep downstairs. Once again, Fflint became Dad's companion, but this time his protector. We had issues with Fflint's behaviour. He became much more anxious and wouldn't let people leave the house without attempting to nip them. He became wary of Dad's visitors and we feared we would have to look at alternative care for him. But, lots of training and family adjustments later, Fflint learned to happily go to his basket when asked.

"Fflint became a reliable companion for my dad, who had to give up work — he loved Dad unconditionally and didn't treat him differently.

"Ten years later and Fflint is still






Fflint is a faithful companion.

Dad's best friend. He started out being the dog he took everywhere and then he became the dog who quite frankly kept him going. He stands by Dad no matter how tough a day Dad is having."

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# Let's Shape up!

## PART 11

More exercises to help you and your dog on the road to fitness.

Each month, we're building up a training programme with help from dog trainer Lisa Jackson (pictured), from Kempsey, Worcestershire.

Your Dog readers can do the exercises together with their pets, as part of a fitness programme. The exercises started off easy and have become progressively more difficult.

It's important to warm up before exercising; we showed you three warm-up exercises in the April 2015 issue.



### EXERCISE 1: BALL DRIBBLING

Lay out some markers or cones in a line. Dribble a football between the markers in a slalom; as you get fitter pick up the pace so you're running with the ball. Do 10 repetitions.

①



②



Teach your dog to 'dribble' the ball, too. Place a piece of food, such as cheese, under the ball while your dog watches.

③



Encourage your dog to push the ball with his nose to get the treat. As he does this, say a command such as 'Push', then place the treat further under the ball so your dog has to push harder to get it. Most dogs will get the exercise by this stage. Once your dog understands the exercise ask him to 'dribble' the ball between the markers.



## EXERCISE 2: CIRCUITS

Lay out some markers in a large square. Run with your dog between the markers, racing each other to get back to where you started. Repeat five times clockwise and five times anti-clockwise. Make sure your dog doesn't get too overexcited during the exercise.



## EXERCISE 3: UNDER AND OVER



Set up a few jumps; you can use equipment you have at home to make jumps, or you can buy cheap agility sets for the garden. Set one jump to a high level so there's enough space to crawl under it, and the next jump low enough so you and your dog can jump over it. Alternate each jump in this way. Place each jump two strides apart.



You can jump over the low jumps and crawl under the higher jumps together if they're wide enough. Otherwise take turns doing the exercises. Repeat 10 times. This exercise works the whole body.

## GET FIT DIARY

# New beginnings

This month, we find out how Gary Notley, from Fairstead, Essex, and his four Springer Spaniels have been getting on with the Get Fit with Fido campaign.

Gary said: "In 2011 I broke my neck in a car accident, so exercising became very difficult for me. As a result my four Springers: Nelly, Mr Larsson, Kalle, and Cupcake weren't getting as much exercise as they were used to; they started to put on weight. They weren't excessively obese but they were definitely overweight. One of the dogs' breeders came over from Sweden and said: 'Gary, the dogs are looking a little bit fat!'. I never noticed until someone pointed it out, as it was a gradual thing.

"Then in January 2014 Nelly and Larsson were stolen. It took me two weeks to get them back. I had anxiety attacks and was frightened to leave the house. The two male dogs don't get on so they need to be walked separately. During my bouts of anxiety, exercise decreased a bit more; the dogs mainly exercised in the garden. If my daughter was over we would go for walks while she was in the house.

"The Get Fit with Fido campaign has helped me and the dogs; I've increased our exercise and I've also changed the way the dogs eat. They're now on a raw diet and I've cut out things like Bonios and fish sticks.

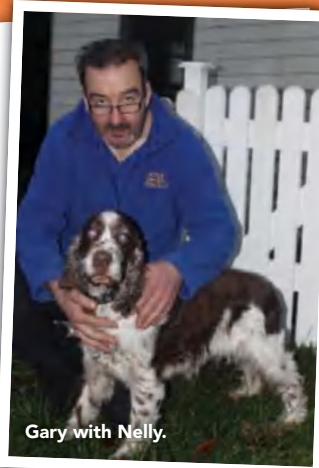
It's worked really well — all the dogs have lost weight.

"Nelly has lost around 3kg, Larsson 2kg, Kalle 1kg, and Cupcake 1½kg; I've lost 18kg. Initially, I increased the number of times we went for a walk, but when my health improved I increased the length of the walk too. As the panic attacks got better I was able to walk further from the house and built it up.

"Nelly used to do tracking in Germany where she's originally from, so we've done a bit of tracking on a long line across the fields. Kalle has done a bit of agility, and Cupcake has been coming out with me to training classes (Gary's a dog trainer), so she's been getting an awful lot of exercise.

"The best thing is seeing the dogs looking in a better condition. When I compare how Nelly is now to when she went to the Get Fit with Fido launch day, she's a completely different dog."

● For further information about the Kennel Club's Get Fit with Fido campaign, visit [www.thekennelclub.org.uk/activities/get-fit-with-fido/](http://www.thekennelclub.org.uk/activities/get-fit-with-fido/)



Gary with Nelly.

\* If you have any concerns regarding your or your dog's health, consult your vet and/or doctor prior to embarking on any weight loss and/or fitness campaign.



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# FIFE

Your Dog heads to Fife and finds that when it comes to dog friendliness, Scotland never disappoints.



**S**cotland offers so many different landscapes and the old-fashioned, coastal county of Fife is well worth a visit. Take life at a slower pace as you explore the quaint fishing villages dotted along the coastline or delve into the past with a trip to historic towns such as St Andrews or Dunfermline.

With so many scenic walks and lots of pet-friendly pubs, attractions, and accommodation, dogs make the perfect travelling companions when visiting Fife.

**Ravensraig Castle is a good doggy day out.**



# DAYS OUT AND **ATTRACTIONS**

## ● **Pittencrieff Park, Dunfermline**

— known locally as The Glen, this picturesque park has a rich history. Discover the ruins of Dunfermline Palace; a hideout of Scottish legend William Wallace; the impressive Double Bridge, which leads to Dunfermline Abbey; a statue of Andrew Carnegie, Dunfermline's most famous son who became the richest man in the world; and Malcolm Canmore's tower, a defence for this former king of Scotland. The 76-acre park includes woodlands, formal gardens, and waterways. Dogs are welcomed in the park and are allowed off lead but must always be kept under control. For more information visit [www.fifedirect.org.uk/pittencrieff](http://www.fifedirect.org.uk/pittencrieff)

## ● **Ravenscraig Castle, Kirkcaldy**

— a 15th century stronghold and former royal residence, the castle is one of the earliest artillery forts in Scotland. It was thought to have been built to defend the Firth of Forth from English invasion. Now a ruin, the castle can only be viewed from

the outside but the impressive rock-cut ditch around the castle and views across the Firth towards Edinburgh make it worth a visit. The castle is set in Ravenscraig Park which is dog friendly. For more information visit [www.historic-scotland.gov.uk](http://www.historic-scotland.gov.uk)

## ● **Balmerino Abbey, Balmerino, Fife**

— a 13th century abbey and former dwelling of the Lords of Balmerino. The ruined abbey is unsafe so visitors cannot go inside but the buildings can be viewed from the grounds. There is an ancient Spanish chestnut tree in the gardens which is one of the oldest in the country and thought to date back over 400 years. For more information visit [www.nts.org.uk/Property/Balmerino-Abbey](http://www.nts.org.uk/Property/Balmerino-Abbey)

● **St Andrews, Fife** — take a wander around the world famous town. Known as 'the home of golf' and famous for its university, the town, which is situated in the east of the county, is steeped in history and culture.

**The delightful fishing villages on the Fife coast are a must-visit for dog owners.**

## **Inchcolm Island.**



● **Inchcolm Island, Fife** — this island retreat in the Firth of Forth is home to Inchcolm Abbey and its medieval stone screens, a rare 13th century painting, and some of the best preserved cloisters in Scotland. Visitors will revel in the island's history, which stretches back to the 10th century, and its wildlife, including seals. The Maid of the Forth ([www.maidoftheforth.co.uk](http://www.maidoftheforth.co.uk)) and Forth Boat Tours ([www.forthtours.com](http://www.forthtours.com)) offer trips to the island. However, you may need to drive across the Forth Bridge before catching the ferry. As long as they remain on leads, dogs are welcomed on the boats, on the island, and in the abbey, which is open seasonally from Easter until October. For more information visit [www.historic-scotland.gov.uk](http://www.historic-scotland.gov.uk)

Pic: Crown Copyright HES.



## ON THE COAST

The Fife coast is dotted with many delightful villages and vibrant small towns. Here are three that are not to be missed:

**1 Crail** — a historic fishing village with charming narrow streets, it is easy to see why Crail is popular with photographers and artists. The dainty harbour is a must visit.

**2 Pittenweem** — a picturesque and secluded fishing village. Be sure to visit St Fillan's Cave, named after the saint who spent many years living inside as a hermit. Head inside to discover the well and place of worship. The cave is gated but the key can be obtained from The Cocoa Tree Cafe, which is located



**St Fillan's cave is an intriguing place to visit.**

on High Street in Pittenweem, and is dog friendly. The cafe offers its own speciality chocolates. For more information visit [www.pittenweemchocolate.co.uk](http://www.pittenweemchocolate.co.uk)

**3 Elie and Earlsferry** — this seaside resort is built around the curved golden beach. Check before taking your dog on the beach as there are restrictions. The town is home to lots of interesting buildings including Elie Lighthouse — an early 20th century lighthouse which is well worth a visit.





There are lots of interesting landmarks along the coastline.

## PLACES TO EAT

● **The Dreel Inn, Anstruther** — this hidden gem prides itself on being a traditional village pub. The pub doesn't have gambling machines, Sky TV, or a jukebox but instead delivers fine food, a range of beers and whiskies, and a friendly atmosphere. Pets are not allowed in the dining room but are welcome in the bar where owners can dine. Water bowls are provided and canine visitors will love the home-made dog treats on offer. For more information visit [www.dreeltavern.com](http://www.dreeltavern.com) or call 01333 310727.

● **The 19th Hole, Earlsferry** — in a region synonymous with golf, the 19th hole is situated on the fourth fairway of the Earlsferry golf course. Dogs are not permitted in the restaurant but owners can eat with their pets in the bar area. Water and dog biscuits are always at the ready to welcome canine visitors. Diners can enjoy a menu of high-quality pub classics or something from the ever-changing specials board. The sister pub of the 19th Hole — The Ship Inn — is just down the road in Elie and also has a dog-friendly bar. For more information visit [www.19thhole.scot](http://www.19thhole.scot) or call 01333 330610.

## PLACES TO STAY

● **The Bruce Inn, Falkland** — this charming 15th century coaching inn welcomes dogs. The spacious rooms start from £55, including breakfast, and pets stay for free. Owners can eat in the cosy bar with their pets, which has wood-burning stoves, but dogs are not allowed in the restaurant. Water bowls and treats are provided for canine guests. Situated on the edge of the Lomond Hills Regional Park, there are loads of great walks on the doorstep. For more information visit [thebrucefalkland.co.uk](http://thebrucefalkland.co.uk) or call 01337 857226.

● **The Old Posthouse, Crail** — situated in the picturesque fishing village of Crail,

this luxury self-catering accommodation is spacious and truly dog friendly. Pets receive a welcome pack, which includes bowls, towels, and blankets. The tiled or oak floors are easy to clean should your canine companion leave muddy paw prints. The owners also provide information about dog-friendly walks and places to visit on their website. The property sleeps up to five people but is not suitable for small children. There is a charge of £15 per dog, with a maximum of two dogs, although this can be discussed on booking. For more information visit [www.crailposthouse.co.uk](http://www.crailposthouse.co.uk) or call 07969 664273.

Explore Fife's stunning coast.

**"The Fife coast is dotted with many delightful villages and vibrant small towns."**



The 19th Hole welcomes canine visitors.



# ALONG THE SEASHORE

**S**tretching for 117 miles from the Forth estuary in the south to the Tay estuary in the north, The Fife Coastal Path makes it easy to enjoy the county's stunning coastline.

The waymarked trail is managed and maintained by Fife Coast and Countryside Trust ([www.fifecoastandcountryside.co.uk](http://www.fifecoastandcountryside.co.uk)) and is hugely popular with dog walkers.

This linear walk from Elie to St Monans takes in some intriguing ruins and your dog is sure to enjoy romping along the sandy shoreline.

For more information and other short walks along the Fife Coastal Path visit [www.fifecoastalpath.co.uk](http://www.fifecoastalpath.co.uk)

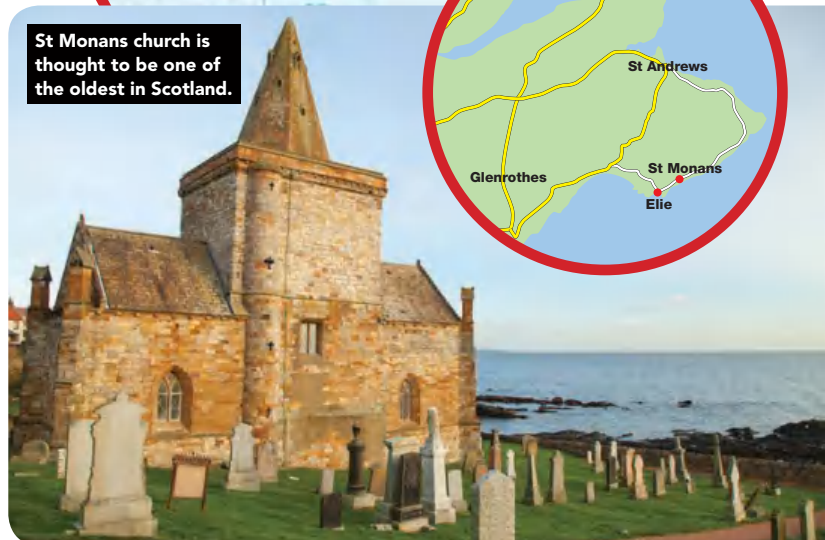
Always be sure to keep your dog under control and pick up after him. Walkers north of the border should follow the Scottish Outdoor Access Code. There is a handy leaflet with lots of advice which you can download; visit [www.outdooraccess-scotland.com/sites/default/files//docs/dog\\_owners\\_leaflet.pdf](http://www.outdooraccess-scotland.com/sites/default/files//docs/dog_owners_leaflet.pdf)

## ELIE TO ST MONANS



Map: © Crown copyright 2015  
Ordnance Survey Media 061/15

St Monans church is thought to be one of the oldest in Scotland.



## THE ROUTE

**1** From the car park at Ruby Bay, named after the Elie 'rubies' — pieces of clear red garnet that can sometimes be found on the bay's unusual volcanic sand, follow the path through a grassy area named Shepherd's Knowe, which in early summer is colourful with cowslips. Here the dog can have a lovely sniff. Head on along a narrow path leading off the main one to visit Elie Lighthouse, built in 1908 to the designs of David Stevenson of the famous lighthouse family. Then go on to the ruinous Lady's Tower, which Lady Anstruther, in the late 18th century, used as her summerhouse. Listen and look for linnets, meadow pipits, and skylarks here.

**2** Carry on along the sandy shoreline, where dogs can have another romp. The dunes to the left are held in place by marram grass. At low tide ragged reefs stretch out towards the sea. Go on to pass the ruinous Ardrross Castle, built in 1370. From here see if you can spot, inland, a rectangular doocot, where pigeons were housed throughout the winter to provide food for the castle during the coldest months.

**3** Go on along the path to pass a 'filled in' railway bridge and to wind round a bay. Enjoy the dramatic views from here. Stroll on, with another

castle coming into view. This is Newark Castle, built in the 15th century for the Sandilands family. It stands on a fine promontory overlooking the sea and is approached by steps. Follow the waymark directions because the path has been diverted slightly — the old one is now perilously close to the cliff edge.

**4** From the castle you may have to make a high tide diversion. Look for the notice on a post on the shore, warning that if the tide has reached a certain height up the post you need to take the alternative route. This heads in land on a track and then, before a house, winds right to run along a field edge before crossing a small bridge over St Monans burn. It then rejoins the low tide route near the historical church of St Monans.

**5** Just beyond Newark Castle, follow the path to another ruin, a beehive-shaped tower, close to the edge of the cliffs. This is a 16th century circular doocot. Then, if the tide allows, continue on down hill towards the shore and on to a gate to visit the church by rounding its outer wall. From here carry on into the attractive village. Then you may wish to take a bus back to the start of your walk or return by the same route to the car park.

## AT A GLANCE

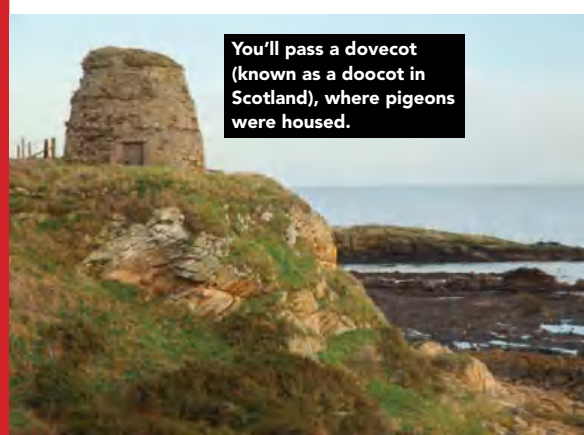
**Distance:** 3 miles (4.8km) one way or 6 miles (9.6km) there and back.

**Time:** 2 or 4 hours.

**Terrain:** Clear paths along cliffs or over sand. All well waymarked.

**How to get there:** The walk begins at Ruby Bay car park, which is down a narrow lane just a short drive from the A917 in Elie.

You'll pass a doocot (known as a doocot in Scotland), where pigeons were housed.



## WELCOME PORTS

Along the path there are many businesses such as shops and cafes which are designated 'welcome ports'. They offer walkers a warm welcome and services such as toilets, the chance to fill up water bottles, or information about the local area. For more information and to see a list of the welcome ports visit [http://fifecoastalpath.co.uk/welcome-ports\\_12.html](http://fifecoastalpath.co.uk/welcome-ports_12.html)

Pics: Fife Coast and Countryside Trust





**Your Dog Holidays is dedicated to finding your perfect dog-friendly holiday or short break with your dog.**

**W**ith over 20 years experience and a passion for dogs, we know that you regard your pet as an equal member of the family, and you'll want him to enjoy the holiday just as much as you do!

Our website will make choosing your dog-friendly holiday as easy as possible, with regional guides, dog travel advice, local information, and dog-friendly property listings.

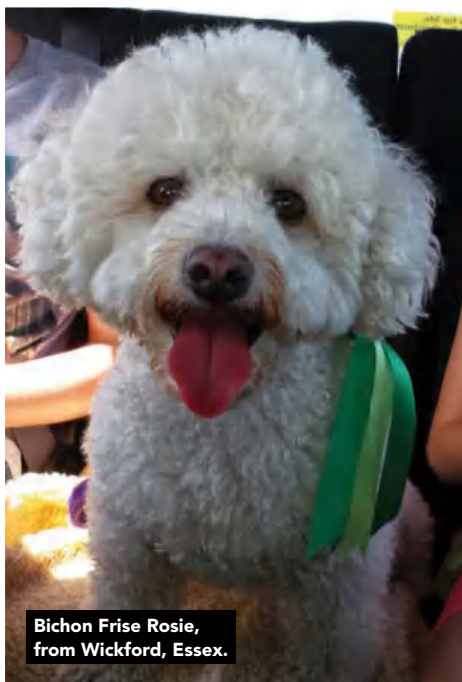


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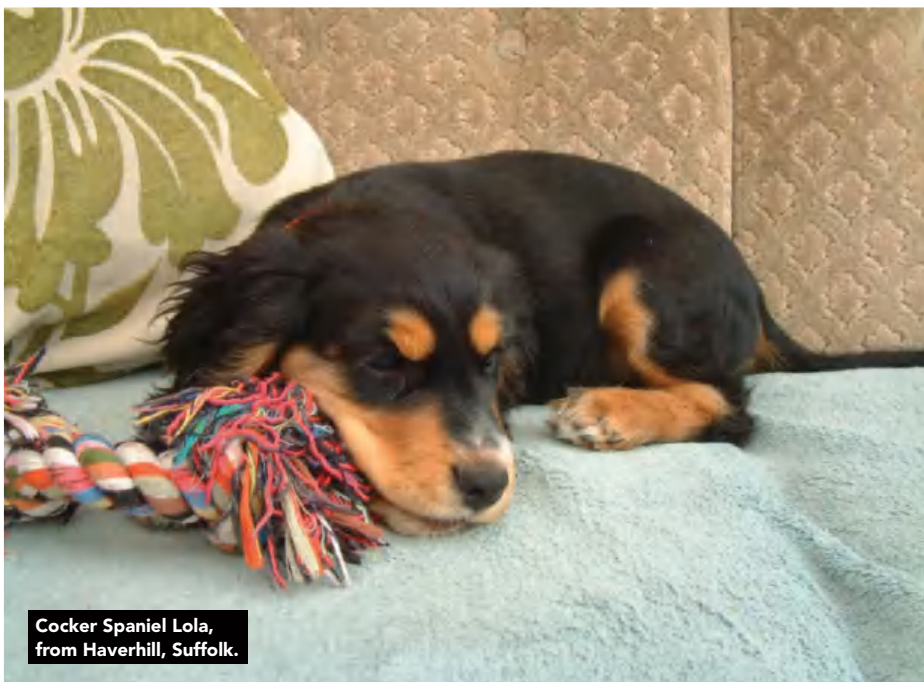
Visit our new-look website today to find the perfect dog-friendly holiday.

**[www.yourdogholidays.co.uk](http://www.yourdogholidays.co.uk)**

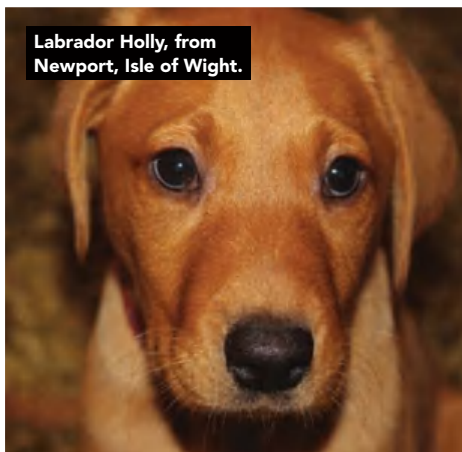




**Bichon Frise Rosie,**  
from Wickford, Essex.



**Cocker Spaniel Lola,**  
from Haverhill, Suffolk.



**Labrador Holly,** from  
Newport, Isle of Wight.

# The GALLERY

Is your dog a star in the making? Get snapping and send us your best pet photos and your dog could appear in our gallery. Our line-up of canine stars this month includes...



**Cocker Spaniel Dexter,**  
from Calne, Wiltshire.



**Lhasa Apso Tia and  
West Highland White  
Terrier Lily,** from York.



**Collie-cross  
Todd,** from York.





Border Collie Molly,  
from Milton-of-Campsie,  
East Dunbartonshire.



Labrador-cross  
Pippa, from  
Marple, Cheshire.

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Husky X German  
Shepherd Chilli, from  
Gunnislake, Cornwall.

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...and you  
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five bags of  
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chosen as  
our Top Dog.

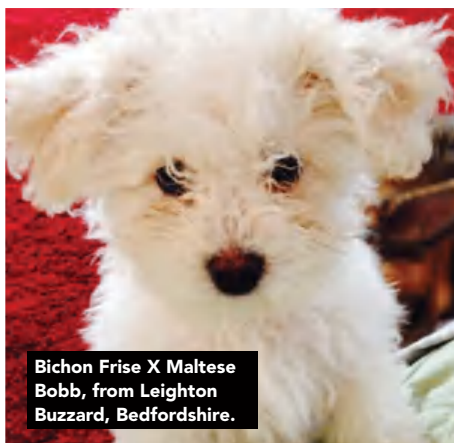
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dog his five minutes  
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photos to [editorial@  
yourdog.co.uk](mailto:editorial@yourdog.co.uk)  
Alternatively post  
them to **Your Dog  
Magazine, The Gallery,  
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Yard, Main Street,  
Buckminster,  
Grantham, Lincolnshire  
NG33 5SB.**

Make sure you  
include your full name,  
address, and daytime  
telephone number,  
plus your dog's name  
and breed.

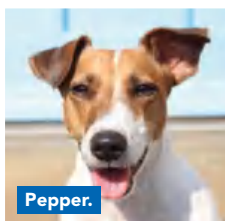
Be patient — we  
receive dozens of  
images each month.  
Please ensure your  
photograph is high  
resolution, clear, and  
in focus, otherwise it  
won't be featured. Your  
camera should be on  
the highest setting.  
Please do not compress  
images when you email.  
We don't accept photos  
of dogs wearing clothes  
or playing with sticks.



Border Collie Brandy and Bearded  
Collie X Border Collie Lassie, from  
Corpach, The Highlands.



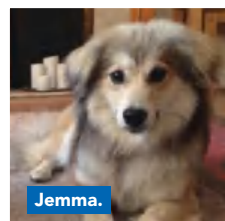
Bichon Frise X Maltese  
Bobb, from Leighton  
Buzzard, Bedfordshire.



Pepper.



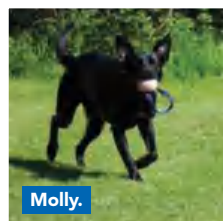
Tyger.



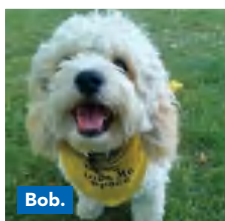
Jemma.



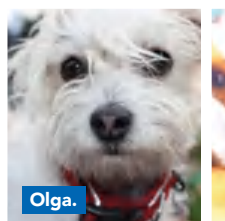
Jessie.



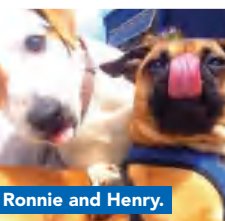
Molly.



Bobb.



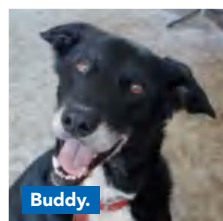
Olga.



Ronnie and Henry.



Share your doggy photos on  
Facebook [www.facebook.  
com/yourdogmagazine](http://www.facebook.com/yourdogmagazine) and  
they could appear on these  
pages — post a pic and tell  
us your dog's name!

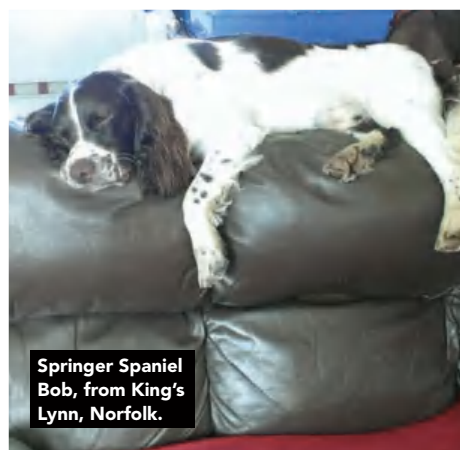


Buddy.

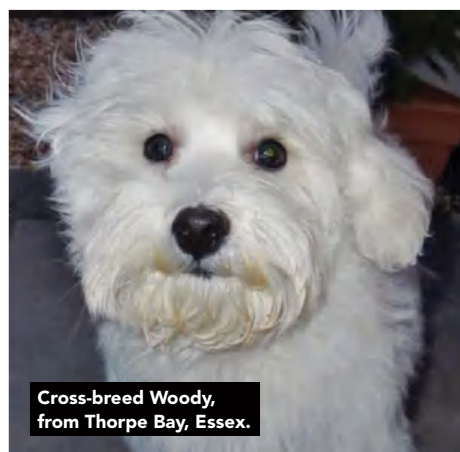




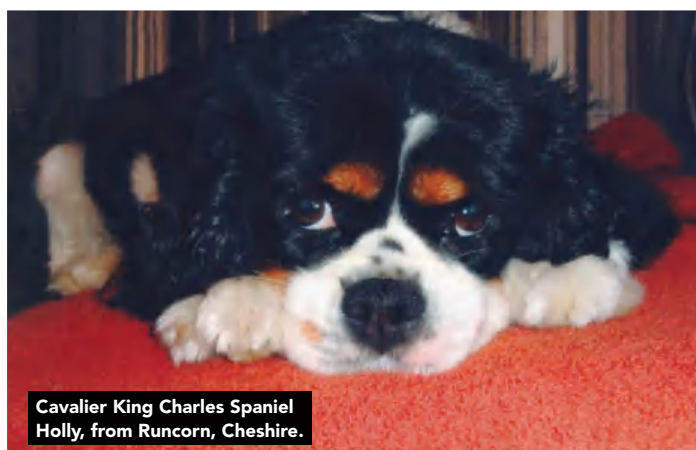
Labradors Cassie and Lola, from Billington, Lancashire.



Springer Spaniel Bob, from King's Lynn, Norfolk.



Cross-breed Woody, from Thorpe Bay, Essex.



Cavalier King Charles Spaniel Holly, from Runcorn, Cheshire.



German Shepherd-cross Suki, from Menai Bridge, Anglesey.



Border Collie-cross Pie, from Tonbridge, Kent.





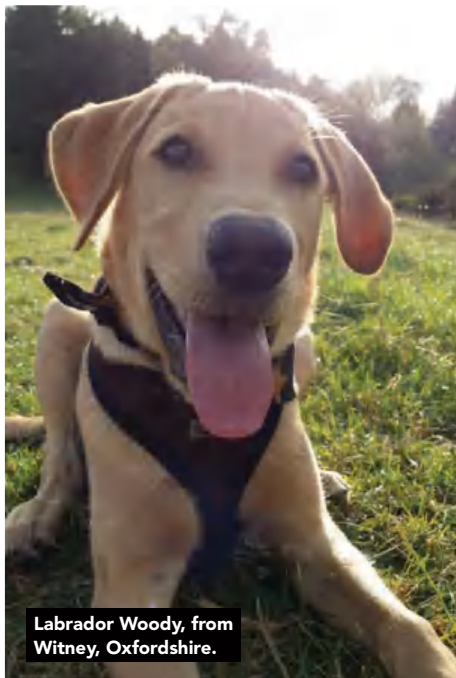
**West Highland White Terrier Rocky, from Shoreham-by-Sea, West Sussex.**



**Australian Kelpie Kito, from Grantham, Lincolnshire.**



**Cocker Spaniel Holly, from Letchworth Garden City, Hertfordshire.**



**Labrador Woody, from Witney, Oxfordshire.**



**Airedale Terrier Lizzie, from Oakham, Rutland.**

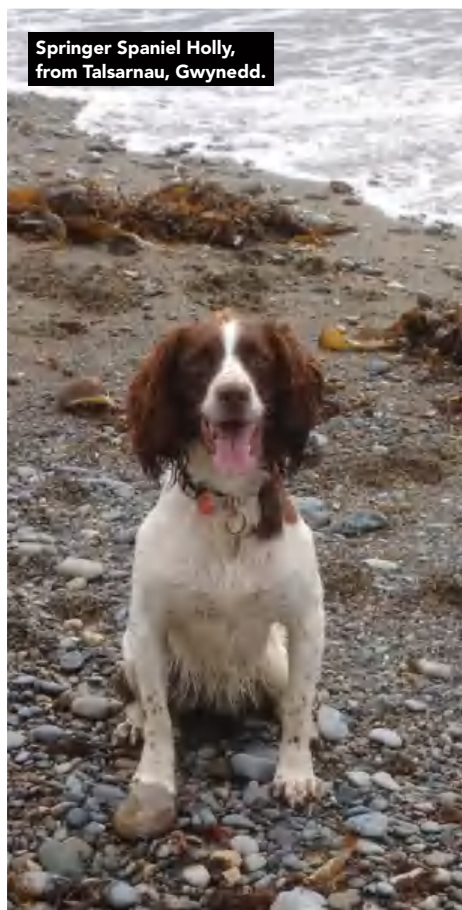


**Pomeranian Buddy, from Burton-on-Trent, Staffordshire.**



**Jack Russell Trigger, from Birmingham.**





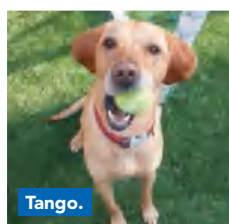
Springer Spaniel Holly,  
from Talsarnau, Gwynedd.



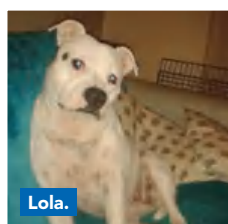
Jack Russell Terrier  
Millie, from Mansfield,  
Nottinghamshire.



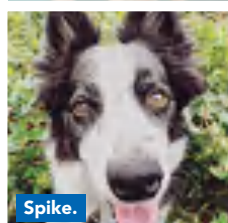
Border Collie Sky and  
cross-breed Eddie, from  
Heanor, Derbyshire.



Tango.



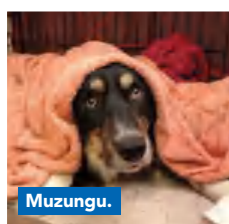
Lola.



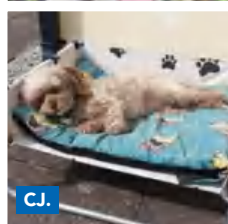
Spike.



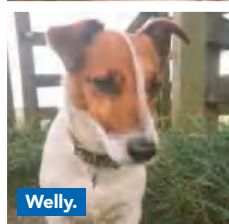
Coton de Tulear Baxter,  
from Edinburgh.



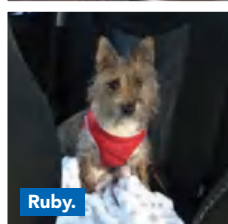
Muzungu.



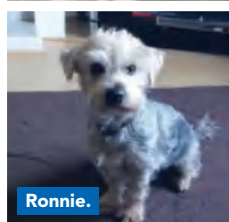
C.J.



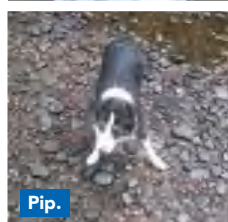
Welly.



Ruby.



Ronnie.



Pip.



German Shepherd Tia and  
Shih Tzu X Pug Woody,  
from Horwich, Lancashire.

## The GALLERY

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For details of your local Skinner's stockist, call 01379 384247 or visit [www.skinner'spetfoods.co.uk](http://www.skinner'spetfoods.co.uk)

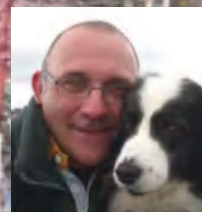


Share your doggy photos on **Twitter @yourdog** and they could appear on these pages — tweet us a pic and tell us your dog's name!





## Stay safe in the countryside with news and advice from access adviser Stephen Jenkinson.



### ABOUT STEPHEN

Stephen Jenkinson is an expert on where you can go, and what you can do with your dog. He's access adviser to Your Dog Magazine, the Kennel Club, and local councils across the UK and abroad. He lives in Orkney with his Border Collie, Jess.

Keep your dog safe by ensuring he is always in sight.

# Snare risk to dogs

**D**og owners are being warned about the potentially fatal consequences if their pets get caught in snares set in the countryside.

The warning comes after a spate of high-profile, UK-wide incidents last year where pet dogs got trapped in snares. These are strong wire nooses put down by farmers and gamekeepers to trap rabbits and foxes by the neck until they can be killed.

Last autumn Peter and Tracey D'Amery from Norfolk were devastated to find their eight-year-old Cocker Spaniel, Fern, had choked to death in a snare set by a local farmer, after she went missing from their garden. Peter told the Eastern Daily Press: "I can only hope that she ran straight into the snare, broke her neck, and died instantly."

While self-locking snares, which cut ever deeper into a trapped animal's neck, are

always illegal, free-running snares, which release the pressure once an animal stops struggling, are not. However, they can also be illegal if they are placed where they are likely to trap dogs or protected wildlife like badgers and otters.

The landowner claims the snare in Fern's case was lawful, but Norfolk Police could not confirm this as it was removed by Fern's owners when they recovered her dead body.



A live fox caught in a snare.

However, a police spokesman stated that snares should only be used to trap animals like foxes — and not kill them — and should be checked twice a day.

Pics: OneKind.org

## CONTROVERSIAL TRAPS

A 2010 study by Defra found that six per cent of landowners used snares, with up to 240,000 of them in place at any one time across England and Wales. One in six snare users admitted to not making efforts to avoid unlawfully catching dogs and protected species; 60 per cent admitted their fox snares had caught other animals. The report concluded: "Neck snares are recognised as capable of causing injury and death to target and non-target animals, and for this reason are controversial."

While the Scottish

Government recently tightened up its laws, snares can still — in some circumstances — be lawfully set across the UK. Last September the Welsh Government published a code of best practice for snaring, which was endorsed by farming and shooting organisations.

The website [www.snarewatch.org](http://www.snarewatch.org), run by the OneKind charity, has more advice on how to recognise illegal snares, an online reporting system, and an information video fronted by television personality Bill Oddie.

### IF YOU FIND A SNARE...

- Don't touch it, as you could destroy evidence that it was illegal.
- Take pictures if you can without disturbing anything.
- Report it to the police — ask for the wildlife liaison officer. Remember, the best way to avoid your dog getting caught or injured in a snare is to always keep him in sight.

### IF YOUR DOG GETS CAUGHT IN A SNARE...

- Keep him calm and still; injuries are greater if he struggles.

A snare is a strong, wire noose put down to trap rabbits and foxes.



- Place a coat over his head so he can't see. If he's frightened or in pain he may try to bite as you release him.
- Pinch the wires to release the tension and then slide the locking mechanism up the cable, away from the dog.
- If the locking mechanism won't move, you'll need to use strong wire cutters on the cable; get help.



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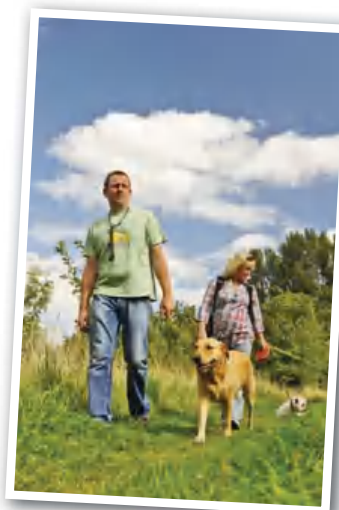
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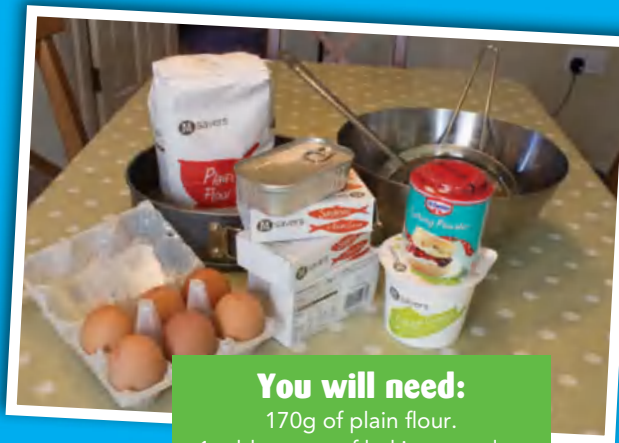


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# HOW TO... Bake a doggy cake

It's the great canine bake off! Let your pet have his cake and eat it with this doggy recipe.



## You will need:

170g of plain flour.  
1 tablespoon of baking powder.  
2 large eggs.  
1 425g tin of sardines (or pilchards) in tomato sauce.  
Cottage cheese.  
An eight-inch sponge baking tin.



### 1. The warm up

Preheat the oven to 180C (gas mark 4), then lightly grease the sponge tin and line the bottom with baking paper.



### 2. Mix it up

Sieve the flour and baking powder into a large mixing bowl. Add the two eggs and the fish, but not the sauce — save this for later. Using a fork, mix them together until smooth.



### 3. Into the baking tin

Tip the mixture into the cake tin; it should come about three-quarters of the way up. Level off the top.



### 4. Ready, steady, cook!

Place the tin in the oven and bake for 25 – 30 minutes.



### 5. Icing on the cake

Once out of the oven, let the cake cool. Spread cottage cheese or low-fat cream cheese over the top, like an icing. Add some of the left over tomato sauce to give it extra flavour and colour.



Treacle tucks in.



### 6. Delicious!

This fishy sponge cake is sure to be a hit with your pet and any canine visitors. It will only keep in the fridge for a couple of days but it can be frozen. You can then spread the cottage cheese on the cake once it has defrosted.

This recipe for Sasha's sardine sponge cake comes from the book 'A la Bark Baking' by Kris Owen, which is published by Troubador Publishing. The book is available to buy from the Your Dog bookshop; visit [www.yourdog.co.uk/bookshop](http://www.yourdog.co.uk/bookshop)







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